RECOVERY KERNEL

PROTOKOLE YO GUKOMEZA KUGURA METHAMPHETAMINE.

Ibihumbi, igihe cy'ivukirwa, n'inzira yo kugera ku buryo umusebe wa dopamine ukora neza.

Iyi gahunda ifite imikorere nk'iy’urwego rwa "Forced Discontinuance" rwo mu buryo bwo gukora ibintu bw'ishyirahamwe "Recovery Kernel" — urwego rw'umutekano, isiganjoro ry'ibimenyetso by'ubuzima, uburyo umuntu yakoresha igikoresho, ingero z'ubuvandimwe mu buvuzi, n'urundi rushanwa rwinshi. Iyi gahunda yashyizwemo ibintu by’umutekano kandi yifitemo ubushake bwo guhuza neza no gukora neza, kugira ngo ifite icyo itanga ku bantu bashaka kureka gukoresha methamphetamine. Ntawe ushobora kuvuga ko iyi gahunda itazwi cyangwa itagombwa, kuko ivuye kuri gahunda z’abahanga kandi yifitemo ubushake bwo guhuza neza no gukora neza.

Ntabwo ari ukwihagarika ku buryo buvura umuntu, nk'uburyo ushobora kubona mu gihe umuntu areke gukoresha imiti ya benzodiazepine. Aha niho "Recovery Kernel" yagize ati: "Ariya ni rimwe mu by’ibintu bitangaje cyane byatanga ibimenyetso ku mubiri w'umuntu." Ibi bintu bifite ingaruka zikomeye, kandi zishobora no gutera uwo muntu gufata inzara. Iyi mirongo inyurisha iyo ngiri n'ubwo iyo mirongo yagiyeho ku bijanye na benzodiazepine igiyeho ku byo gutwara.

Icyiciro 0 — Umutekano Wihariye: Soma Ibi Bwa mbere.

⚠ IBINDIZI.

AMAFUNGURO YA METHAMPHETAMINE NTIBIGUTE MU BWIHE CYANE KO KUGIRA IBIMONYE, UKO AMAFUNGURO YA BENZODIAZEPINE CYANGIZA ALKOHOL BIBA BIKORA. ARIKO, "ICRAASH" NYUMA YO KWIFUNGURO MENSHI CYANGI IMYAKA YIRENGERE, BYARA AHUMU NZINGIRO ZITANDUKANYE MU BUBUKI BW'AGAKIRIZO KUGIRA UMWADI, UKO DEPURESHONI ITUMA ABANTU BASHOBORA KWIGANA. GERAGE ICRAASH NK'IMWE Y'AMAHERERE YO KWIFUNGURO ATANDUKAYE AHANDI MU BUWUSHI BWIZA.

Hamwe na ibimenyiste, usabwa gushaka inkunga y'ubuvuzi mu gihe udafite ubuzima bwiza.

- Iyo ufite gahinda cyangwa ukeneye inkungahinduka, cyangwa ukuntu ubwoba bwa depression bugutera guhunga – kwivugana cyangwa gutumira umukozi wa hotline kuri findahelpline.com, cyangwa utumire "HOME" ku numero ya 741741, serivisi ziri zo mu buryo bw'amasaha yose.
- Uruvumvu mu maso, gutinya umutima, kubura umwuka, ipfunya y'ubwahe iturutse ku musaruro, cyangwa ibice bya ruhago/amaboko atangira kugenda. Ibi bishobora kuba ibimenyetso by'ikibazo gikomeye mu mutwe cyangwa ikindi kibazo gikomeye (stroke), kandi ari bibi bigoye byakwerekeza nyuma yo gufata imiryango y'imiti itanga ingufu, kandi bisaba gutumira umukozi w'ubuvuzi ku ijisho (912) vuba.
- Ibyorezo by’umwihombo, ibimenyetso, cyangwa inshorano yo kwemba ukuri n'ikinyoma—ubuhungabuzwe bwavurwa no kunywa meth bushobora kuguma iminsi cyangwa amahiga nyuma yuko umuntu atakomeje kuyanywa, kandi bisaba ubuvuzi.
- Kwihangayika cyane cyangwa guhunga ko udashobora gukomeza kugira ububasha ku byo ukora.

UDUHAME

Ubwazo bw'uburwayi - guhagarara burundu, kuruka cyane, kunywa ibyo kurya byinshi, no gukomera mu mibonire - ni icyo biteganyijwe kandi si ikibazo gikomeye cyangwa igikomere. Ibi bivuze ko umubiri uratangira gufata amahoro. Icy'ingenzi ni ukumenya ko ibintu by'ingenzi bisanzwe birimo: imimerere y'umutima n'umutekano, ntibimare ku kibazo cy'umubiri. Niba hari ikibazo, hamagare.

Icyo gitabo cyanditswe kugira ngo gufashe abantu kubona ubuzima bwiza.

Ibyo bisobanurwa neza mu bushakashatsi bw'ishyirahamwe "Recovery Kernel": "ntacyo cyaba gikomeje. Ubwonko bwawe buri mu kugenda kubivugana. Ubuvumo ni ishyigikiro yuko irembo riratangira." Iyo sentensi ni icyiciro kinyampe muri iyi porotokole yose yo guhagarika. Guhagarika imiti ya meth ntacyo cyaba gishobora kugabanyiriza ibimenyiste, kandi nta nshuro y'ibindi bintu byashoboraga kuba bifite ireme nk'ibyo – nta kuntu ushobora kugabanya imiti rimwe ukurikije iyo isa. Icyakora, hari igihe cyo guhagarika imiti ya meth gihumvikana kandi gikurikirwa neza, kandi no kwemeza ko icyo gihe ari iki ni nako gutuma ibintu byagenda neza: biba nk'uko "ubu buvumo bisobanura ko ngomba kugabanya imiti ya meth." "Ndagira amahirwe yo kuba neza" kandi "Ubu bugorezi ni umunsi wa gatatu w'umwanzuro ushobora gufata."

Ibyavuzweho mu gihe gito: Uburyo uko ibyo bibazo byatangiye kumenwa.

Methamphetamine yatsindiwe kuva kuri ephedrine mu mwaka wa 1893 na muganga w'ubumenyi ukomoka muri Japan witwa Nagai Nagayoshi, kandi yararangiye mu buryo bwa none mu mwaka wa 1919 na Akira Ogata. Yavuzwe nk'umuti kandi yatanzwe ku isoko mu Buyapani mu myaka ya 1920, yitwaga Philopon, kandi yashinzwe kugira ngo ifashe abantu bari barwaye ububabare, ururimi, no guhagarara— umuti w'umugore utari icyaha, kandi ntibyatangajwe ko ari bibi.

Ibyo byahindutse ubwo yatangiraga gukoreshwa ku bwinshi mu ntambara ya Kabururu. Abanyarwanda bakorera kimyaka bo muri Temmler bateye inkubitiho y'umuti wa methamphetamine mu 1937, kandi mu 1938 yarashinzwe kugurishwa mu masoko hakoreshejwe izina rya Pervitin – kandi yatanzwe ku basirikare ba Wehrmacht mu byiciro byinshi (ibimwidondo byari hagati ya miliyoni z'einarimo), bigamije gukuraho ubwijijunyi no kuguma batagira urujijo, ndetse na abakozi bo mu makampani y’ubucukuzi kugira ngo bakomeze akazi kabo. Abanyapolonayere nabo batekerejeho icyo kandi, batanze methamphetamine ku bapilote ba kamikaze n'abakozi bo mu makampani y'ubucukuzi, kubera izo mpamvu: byatumaga abantu bakennye bakomeza gukora. ubwo imibiri yabo yangombaga kuyihagarika.

I CYENGERO.

Iyi ni umushinga w'amateka usobanura uko byagenze mu gihe cyakanyuranye, kandi ugasanga mu bisigazwa birimo muri iyi gahunda - gukoresha ibintu bituma umuntu agira imbaraga kugira ngo akomeze akora umurimo utagombwa. Ibyo byari ukuri ku basirikare bari barayehewe n'abakozi b'amafabrika mu mwaka wa 1940, kandi biracyaba ari ukuri kuri uwo mushinga nubwo igihe cyahindutse.

Ibi bibazo byagaragaye neza nyuma y'intambara. Igihugu cy'Ubuyapani, n’ibindi, byahuye n’ikizengwa gikomeye nyuma ya ntambara ubwo ibirungo byari byarakozwe mu ngabo byashyirwaga ku isoko ry’abaturage – hamwe na hamwe, abantu benshi bari bakoresha iyi mvura mu myaka make nyuma yo guhagararwa kwa ntambara. Ibihumbi by'abagore, abagabo n'abana batakaye kubera ubu burebure bwo gukoresha ibiyobyobye. Uburyo bwo kwirinda no kuvurijwa bitari byoroshye. Guhagarika iki kibazo byaratumye Ubuyapani butangiza Itegeko ry’igihugu ku birebyobye mu mwaka wa 1951, rimwe muri iyiitegeko z'ubwoko bw'ibiyobyobye zagiye zishyirwa mu gihugu. Ibi byose byagaragaje uko kugira uwo mwanya wo gufata ibiyobyobye bituma abantu bakoresha ibiyobyobye bihindura imiryango y’abaturage. Igiheba cy'imyaka ya 1940 hagize ikibazo gikomeye mu gihugu, kandi icyo kibazo kigaragaza igitekerezo kimwe n'icyo uyu butumire ushishikajweho (Section 2) wigisha mbere: ubushobozi bwo guhungabanya bw'iyi ntangazana bugenda bungirwa n'uburyo umubiri utanga imbaraga.

Icyiciro cya 2 — Igihe cy'ivuka.

Igihe.	Bitegwa iby'umubiri.	Ni iki ubumva.	Ntamenye.
Ibagihe biva saa 0-24 (Ubukunze).	Ibihuri by'dopamine byarangiye; isignali z'amareba ziri kugenda mu bukuntu.	Uburorire bwinshi cyane, kurara amasaha menshi, inyoni z'izindi, guhagararwa n'umutuzo, ubwoba.	Kurara. Kuryama. Kunywa amazi. Ntihagire icyo wigarukira – ni umubiri utangira gukurikiza. Amashanyarazi.
Amarembo y'umunsi wa 1-5 (Ibihe by'inzara).	Dopamine irarangi ya hasi; irebura ry'amareburezi ya D2 ritakiri ku mwanya warwo; ikimenyetso ni uko umubiri urashaka ibintu byatuma ubugingo bugire ubuzima.	Depression ikomeye, kutagira ubushake (kwanga ibintu byose), guhagarara cyane, uburyo bwinshi bw'ubushake, kurandika, no kuba umuntu adashobora gukoresha neza intebe ze.	Iyi ni igihe cyo guhagarara kigabanuka kandi gifite ibyago byinshi byo kwisubira no gupfa biturutse ku mibonire. Ntuzabe wenyine, usabwa kuba ufite umuntu ugiye kumufasha. Ndagikoma kuri findahelpline.com niba uri mu mwanya wo guhagarara. Hatangira ingero z'ubukungu bw'iyongera (Section 8).
Aminsi ya 5-14 (Igihe cy'ibintu by'umutuzo).	Ibyo bimenyetso by'ubwa mbere birahinduka, ariko ubushobozi bw'ubwonotewe bugikomeje kuba hasi cyane; ubuvumbuzi bw'amashyirahamwe bufite icyumba gito cyane.	Ubwumvikane bwinshi, ubushake buke, guhagarara kudasinzira, ibibazo byo gukora neza, n'ubushake bushoborwa.	Tangi imyitozo yoroshye – iki ni icyifuzo cyo gukora ibintu neza (Ingingo ya 3). Hatangaje, hatangaje, hatangaje kandi hatangaje: Tangi gutekereza ku byatuma wigira nabi no kwirinda.
Ibwihebe 2-4 (Igihe cyo kugaruka buvuzi).	Ubwinshi bwa resipitore za D2 butangiye kotsimburwa; ubwoko bw'amaraso ya dopamine butangira kwiyongera hanyuma; igice cy'cerebro gikoresha ibinyabuzerya (prefrontal cortex)	Ubwumvikane bw'umurimo bugenda buhinduka bukarenga, ariko buhorana; ubwihangayitse bugenda butazimye; ubushake bwo gukora ibintu bitunganye bugenda busubira kuba igihe gitoroshye ahubwo kudasobwa; kurara neza	Gushyire imikorere y'umunsi ituma ugira umusaruro. Ibihingo bya mbere byo guhindura ibitekerezo bigomba kuba byoroshye kandi byatanga amahirwe, ntibigende kera.

Igihe.	Bitegwa iby'umubiri.	Ni iki ubumva.	Ntamenye.
	gitangira gukorwaho imirimo yo kuruhuka.	bigenda bigera.	
Kwinshi cya mbere kugeza icumi.	Gukongozwa kw'amara ya DRD2; kubaka bushakeka mu buriri bwo imbere (prefrontal cortex); gukora neza kwa dopamine.	Ubwongereza bw'umwimerere bwa nyabiboneye, hamwe n'ubwonkora buvugana kandi guhinduka kw'umurimo. Ibihumbi byo kubonakaho inyuma y'uko umuntu atangiye gukira (PAWS) birashoboka.	Gukora akazi k'ubongereza ibitekerezo bya nyuma (identity reconstruction) ni igihe cyo, ntibigombwa ko bikorwa mbere yaho. Aha ndiyo ubushobozi bushoboye butangira kuboneka.
Kwinshi cya 3-12.	Gukongozwa kw'amarebura byinshi; ubwonka bwo gushobora guhinduka bw'ubwonko, bugendeye ku BDNF, buvuyemo neza amagufi y'amafinyansi yaremye; imikorere y'ibice by'ubwonko bifite uruhare mu myitwarire irushaho kuboneka.	Ibi bihumbi by'abantu benshi bafite ubwumvikane buhagaze neza; ibyifuzo byinshi bigaragara biturutse ku bibazo cyangwa amakuru, aho bituruka mu buryo bw'ubwawe; ubushake bw'ubwonko bushobora kugaruka; guhamya kw'ibyishimiro by'ubuzima biba byoroshye.	Hohereza ibitekerezo byo gukora neza: * Kwigira uburyo bwo kwihutisha ubushake bw'ubuzima. * Guharanira uburenganzira bwawe. * Kwiyumviza no kwitega imbere. * Gufata umwanzuro w'ubugingo. [Ibi ntibishobora guhindurwa.] Ushobora kandi gushaka inkuru zindi kuri findahelpline.com.

Icyiciro cya 3 — Iki gihe ngaha umwanya kugira ngo ubwonko bugire uko byari bimeze mbere.

Ibi ni ibibazo byajyaga mu buryo bw'umwimerere ku rugero rw'burya buri numwe, kandi bigomba guhabwa igisubizo cyoroshye aho kugira inama zigaragaza ko biza neza. Ibisubizo byimbitse bifite ibice bibiri: ikibazo gikomeye gishobora kugaruka mu minsi ya vuba, ariko ubuhanga bw'amashyirahamwe bugaragara buhagaze igihe kinini— kandi no kwemeza numero nyayo bigira urwo rwego ruzwi ku byo ushobora gusabwa ko ubigera kuri buri nshuro.

I CYENGERO.

Ibigitekerezo by'ubushakashatsi bw'ibimenyistezi bigaragaza ko: ubuhanga bwo gukora neza umwanya w'uretini wa dopamini (D2) nyuma yo guhagarika kunywa methamphetamine ni cyo gikizamini, ariko kugira ngo ubu buhanga bugire imbaraga, bisanzwe bisaba amezi 12-17 yo kutanywa. Ibi bivuze ko ibintu byenda bihagaze igihe kurenza uko bigeze mu birungo nk'inzoga (aho ubuhanga bwo gukora neza umwanya w'uretini wa D2 bugera ku nshuro zirengeye amaze ukwezi kumwe, nkuko Heinz na we yanditse) cyangwa cocaine. Methamphetamine ni irungo ributumiza ibice bya dopamini mu buryo bukomeye kurusha izindi moko z'ibirungo byinshi, kandi igihe gisanzwe gikenewe kugira ngo ubu buryo bugire imbaraga bishobora kugaragaza iki.

Muri iyo gahunda ndende y'amezi 12-17, hari igihe gito cyane kandi gikomeye cyo guhinduka kigomba kuba ingenzi: ibyuminsi 90 bya mbere. Ibyandiko bya "Recovery Kernel" ku bijyanye n'ubuhindurwiro bw'ubwonotewe (neuroplasticity) bisobanura neza iyi ntambwe — ibyuminsi 31 kugeza 60 ni igihe hatangira kuvuka amagaruko mashya mu ubwonotewe kandi ayandi atangira kugabanuka; ibyuminsi 61 kugeza 90 ni igihe iyo mvugo nshya itangira kwiyongera maze iterimbuka mu byo ushobora gusobanura.

Mu gihe cy'ibyuminsi 90, kandi ukoresha imyitozo, kurara neza, no gukoresha izindi ntambwe zivugwa muri Section 8 hashyizweho, ubwonotewe bwo mu maro (dopamine receptor density) bugenda bwiyongera cyane, igice cya mbere cy'ubwonotewe (gray matter volume) bigenda birushaho kwiyongera, kandi abantu benshi bagabanyiriza cyane ibyo bifuza. nubwo igihe cyo gufata neza kizasoroka, kikaba hagati y'amezi 12 na 17, kandi ubu buryo bwo gukora buhagariweho.

Ibigikorwa by'ingenzi mu kurwanya ubuzima bwo gukora ibiyobyobye.	Igihe cy'ibanze.
Ibihumbi by'akarengane bishobora gukemurwa.	Umunsi wa 1-5.
Ibimenyanyo bishobora guhinduka, bigatembera hagati y'ibyo byakurikirwa buri kanya n'ibyatumye bikagera ku gihe cyo.	Ibwihebe 2-4
Ibyohererezo by'umwimeri kuva mu marimira y'ubuzima, bigaragaza ubuhanga bwo gukora neza.	Ibwihebe 2-4 kugeza ku kwezi kwa gatatu.
Ibihe by'ukugira ibintu bishoboka mu buryo bushya (neuroplasticity) bigera ku minsi 90, kandi ubushobozi bwo gushinga imyitwarire mushake bugize umwimerere.	Umunsi wa 90.
Ibi bihumbi by'umunezerere n'ubumenyi bishobora kuba hafi y'uko bisanzwe ku bantu benshi.	Kwinshi cya 3-12.
Ubuhererekano bwinshi bw'amashyirahamwe ya D2 (inyumbero ikomeye).	12–17 amezi.

KWAGIRA UMENYESHEJWE.

Niba uri ku kwezi 4 kandi ukihagazeho ibyumweru by'umunsi, nta bimenyetso yuko gahunda itaragera aho ifite ubushake cyangwa ko waba umuntu utunganye. Iyo gahunda ntayobora igihe. Kuri iyo data irimo, uri mu ishyirahamwe ritakize—"hafi ya uko byari bisanzwe" ku kwezi 3-12 bisobanura ibyo: vuba, ariko ntirarangije. Igihango cyo gukira umwimerere ukomeye w'ibintu ni hafi y'amezi atandatu n'ibiri, bidatanga igihe kinini. Ntabwo ari numero itangaje. Ari uko koko, kandi bisobanura ko ibyumweru bya "flat" ushobora kugira birashoboka, bidatanga ibimenyetso byo kutagera aho ushaka.

Ubuvugire bw'umwimerere: Aya mahoro yatumijwe ashingiye ku kwirinda burundu.

Umubare wa buri gitabo - iminsi, amezi, no umubare w'abantu bagaruriwe muri rusange mu gihe cy'amezi 12-17 - yari ushobora gukurikirwa ku bantu batakiriye methamphetamine. Muri ukuri, ubuhererekano bwo guhagarara burya ntibushobora kuba uko byose. Hari ibintu bibiri bitangaje byatuma umuntu atagire amahoro, kandi twavuga amazina yabyo kuko buri kimwe muri byo kibimburira neza imikorere itanga ubwiyumviro mu gitabo cyo hejuru, kandi buri kimwe muri byo gishobora kugorana ubuhererekano aho kugira icyo bitanga.

Ntabyo.	**Iyo ibintu byaba byagenze neza, birashobora kugira ingaruka ku buryo umuntu ashobora kwitandukanya n'ibiyago.**	**Ibigakorwa byatanga umushinga wa Blueprint, birimo gushakira abantu ubufasha bw'ubuzima, bishobora kugira ingaruka ku gihe.** *** Gukoresha Recovery Kernel na Naloxone: Ibi bigomba gukorwa n'abaganga cyangwa abagurukiye ubuzima.** *** Kugabana amakuru: Amakuru y'umushinga wa Blueprint ashobora kugabanuka igihe, kandi hakwiye kwitabwaho.** *** Gushaka inkunga: Kugira ngo umushinga ushobore gukora neza, hakwiye guhabwa inkunga.** **Ibi bigakorwa byose bishobora kugira ingaruka ku gihe cyo gutanga serivisi zo mu rwego rw'ubuzima.**
Cafine (yifashishwa kuguma umunwa n'ubushyuhe mu gihe cyo guhagararara no kuba udafite ubushake, nkuko byavuzwe mu Cyandiko cya 2).	Kafeyini itatuma ubwonkawu bwinshi nk'uko methamphetamine bitabikora, bityo ntibishobora kuvugwa ko "ari ibintu bimwe byonyine bigereranyijwe." Ariko kandi, ivuza akaga k'ubusimburudenge (HPA axis), hanyuma hatangirwaho cortisol, ku buryo inyandiko ya 6 yavuze ko umuntu ashobora kuba afite ibindi bintu byatangiye gukora mu mubiri we (cyane cyane mu bantu ba "Worrier" bafite genotype ya Met/Met). Ku rundi urugero, gufata kafeine cane cyangwa mu gihe kirenga igihe cyo, bituma umuntu atarara neza kandi ntakunda. Inyandiko ya 8, icyiciro cya gatatu, yivuga neza ko kurara ni igihe gihagije cyo kwiyongera ku bintu	Ishobora gutuma igihe gihinduka mu buryo butazwi cyangwa bukomeza, kuko ibintu byakozwe bigatezwa icyizere bishobora kugenda neza, ariko uburyo umuntu yakwizera bitagira ubushake. Igihe umuntu yifuje gufata ikigero gihagarije cy'ibirungo bifite amabere byatuma akomeza, kandi bigatezwa icyizere ko bizatanga ingufu, bishobora kugenda neza.

Ntabyo.	**Iyo ibintu byaba byagenze neza, birashobora kugira ingaruka ku buryo umuntu ashobora kwitandukanya n'ibiyago.**	**Ibigakorwa byatanga umushinga wa Blueprint, birimo gushakira abantu ubufasha bw'ubuzima, bishobora kugira ingaruka ku gihe.** *** Gukoresha Recovery Kernel na Naloxone: Ibi bigomba gukorwa n'abaganga cyangwa abagurukiye ubuzima.** *** Kugabana amakuru: Amakuru y'umushinga wa Blueprint ashobora kugabanuka igihe, kandi hakwiye kwitabwaho.** *** Gushaka inkunga: Kugira ngo umushinga ushobore gukora neza, hakwiye guhabwa inkunga.** **Ibi bigakorwa byose bishobora kugira ingaruka ku gihe cyo gutanga serivisi zo mu rwego rw'ubuzima.**
	bifasha ubwonka (BDNF) no guhuza inshinga z'ubwonkawu.	
Itokamazi (byifashishijwe kugira ngo umuntu yambe).	Iki ni icyiciro gikomeye cyane. Itabi ritera uburumbuzi, ariko kandi rigabanya ishusho y'uburumurume kandi hasigara umutwaro ku buryumurume bwa REM - kandi, nkuko bivugwa mu bahanzi bya kirenge, uburyumurume bwa REM ni igice cyo kwiyongera ku burumurume aho "gukora ibiranga by'amashyira no gushimangira umusaruro wa dopamine." Gukoresha itabi kugira ngo ufatane mu buryumurume kandi ukabica inshya ku buryumurume bwa REM, ni nk'ugishyizeho icyuma ku kibazo cyumvikana (kudashobora gufata ubwoba) kandi ugakomera ku kibazo kitavumbuka (uburumurume bwari	Iyi ngingo yashoboraga gutuma igihe kiyongera, kubera ubushake bwo kwirukira (REM) butatwara umwanya ukenewe, kandi ivuga iby'indi risk itaratangazwa mu mibare yo muri iyi section: guhunguka ku kintu cyangwa ibintu bitandukanye n'icyo umuntu yari agiye gukuraho – byaba bigorana cyane kuri benshi bafite allele A1 ya DRD2 / aba bifite "Reward Deficiency

Ntabyo.	**Iyo ibintu byaba byagenze neza, birashobora kugira ingaruka ku buryo umuntu ashobora kwitandukanya n'ibiyago.**	**Ibigakorwa byatanga umushinga wa Blueprint, birimo gushakira abantu ubufasha bw'ubuzima, bishobora kugira ingaruka ku gihe.** *** Gukoresha Recovery Kernel na Naloxone: Ibi bigomba gukorwa n'abaganga cyangwa abagurukiye ubuzima.** *** Kugabana amakuru: Amakuru y'umushinga wa Blueprint ashobora kugabanuka igihe, kandi hakwiye kwitabwaho.** *** Gushaka inkunga: Kugira ngo umushinga ushobore gukora neza, hakwiye guhabwa inkunga.** **Ibi bigakorwa byose bishobora kugira ingaruka ku gihe cyo gutanga serivisi zo mu rwego rw'ubuzima.**
	bukenewe kugira ngo bushake umusaruro wa dopamine ntibukore).	Syndrome" (ndetse bisobanurwa mu Icyiciro cya 6), kuko ubwonko bwabo bufite gahunda yo kwishimira ibintu by'umwihariko, kandi buri kintu cyangwa serivisi itanga ubu buryo bwo gushimisha bugera ku mwiharuro.

⚠ IBINDIZI.

Nta bumwe muri iyi mikemero ushobora kuvuga ko ari ikibazo cy'imihango - gufata caffeine cyangwa ibindi birungo kugira ngo ugeruruke mu gihe cy'akaga ni icyifuzo gishoboka kuko hari ibintu byinshi umuntu ashobora kwangirwa. Ariko, uburyo bw'ukuri bwo gutanga iyi gahunda nyabubiri ni ukubivuga neza: nta bumwe muri iyi mikemero ushobora kuvuga ko ari icyiciro cyoroshye cyo guhagarara mu gihe gihagaze mu rutonde rurimo. Niba ikibazo ni ukutamenya kwiruhuka, ibintu bitari birimo alikoliyi ziri mu Gisunzu cya 3 (melatonin, magnesium glycinate, glycine, gahunda

ituma wiruhira) zishobora gufasha umubiri gukomera aho kugira ngo zimugireho ingaruka.

Ibuvugire: Kuki "Ndashaka umwaka wo kuruhuka, hanyuma nzaba neza" si icyo gihe cyo.

Hari igitekerezo cyo kwigiraho neza, kuko ni ukohozwe n'inyandiko zivuga amanywa muri Section ya 3, kandi si icyaha cyane – ibyo byo ni byo bituma bishobora kugira ingaruka. Icyo gitekerezo ni: "Niba receptor za D2 zigenda zongera ku buryo buhagije mu mezi 12-17, nagomba guhagarika imirimo yanjye, ngire umwanya wo guhuza ubwonko bwanjye, hanyuma maze kugira ubumenyi nshobora gukoresha ibintu by'umutungo neza kandi, cyangwa ntangire ukundi." Uburyo butari bwihuje bw'ubuvandimwe mu kuvura intyamburane – "igihe utanga umwanya wo gufata icyaba, ugasubira ku mwanda w'intyamburane" – si ikintu cy'ukuri 100%. Ariko, inshingano yo kuba ko igihe kirekire gukurikizwa byatuma ugenda neza nta nshuti – si icyo kandi. Ibiganiro by'ubuzima bwa kimwezi bituma umuntu yumva ko afite ubuzima bwiza kandi butaziguye. Ibi ntibishobora kuba ibintu by’ibanze, kuko usanga abantu bumva ko bagomba kugira uburaro, gukora imyitozo, no kurya neza. Ariko, koko, umuntu ashobora kugira ubuzima bwiza kandi butaziguye atubahirije iyi "amategeko".

Uburyo bworoshye bwo kwemeza iki ni ukureba uko umuntu yumva. Niba umuntu aratekereza ko afite uburaro, gukora imyitozo, no kurya neza, kandi akumva meze neza, noneho ariko ufite ubuzima bwiza kandi butaziguye.

Iyo umuntu atumvikana, ashobora kugira ibibazo by'ubuzima bitamubuza gukura. Ibi bishobora kuba ibintu nk'imikundiro, uburwayi, cyangwa inyandiko z'akazi. Ariko, nanone, umuntu ashobora kubaho neza kandi ataziguye n'ubwo afite ibibazo byo mu buzima.

Iyo umuntu yumvaga ko afite ubuzima bwiza kandi butaziguye, ariko akaba adahishukiye, ashobora kugira ibibazo by’ubuzima bitamubuza gukura. Ibi bishobora kuba ibintu nk'imikundiro, uburwayi, cyangwa inyandiko z'akazi. Ariko, nanone, umuntu ashobora kubaho neza kandi ataziguye n'ubwo afite ibibazo byo mu buzima.

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Iyi ntangaza y’ukuri, nk'umwuma ushoboye.	**Ibyo kandi byaba byiza (kugira ngo tumenye neza impamvu umuvuduko wagiye ushanduka):**
Ibyuma bishobora gukira. Uburyo bwa	Umwanya w'amagufwa uvuye ku gikomere

Iyi ntangaza y’ukuri, nk'umwuma ushoboye.	Ibyo kandi byaba byiza (kugira ngo tumenye neza impamvu umuvuduko wagiye ushanduka):
D2, nkuko bigaragazwa mu bisobanuro bya Rubuga rwa 3, koko bushobora kubona uko byari bitewe mu gihe nyaburane—ibyo si icyumvikana cyangwa inyishu y'izindi nshuti, ahubwo ni iby’ibyiciro by’amashusho.	ntukongera kuba nk'uwari usanzwe. Uvaheruka kugira impinduko biturutse ku gikomere. Ashobora gushyiraho ibintu by’umweru – ariko si buri gihe ashobora gushyiraho igihe cyo, mu buryo bumwe, n'ubwo umubiri atangira gukoresha neza.
Ubwihangane bushobora guhagararwa neza mu gihe umuntu atabiriye ibiyobyobye – iki ni ikimenyanyo kigaragazwa n'ubumenyi bw'imiti, bidatanga amahirwe yo gushidikanya.	Kwihindura mu gukira bitumvikana bisobanuye ko umubiri utagombaga gufatwa n'ibyiciro bya raporo yari yakwirakwizemo, ubu ntishobora kuyikwirakiza uko yabayeho. Gutangira no ku mugoroba w'ibiyiciro byafashijwe mu gihe umuntu yari amaze igihe adafata ibyo bitabo, bisobanuye ko umubiri ufite ubushobozi bushoboka butandukanye, kandi icyo gihumbi cy'uko ibintu byari gutekerezwaga ko ari "umwimeri" kitarakigeze. Ibi ni byo bishobora gutuma hari uburyo bwiyongera bwo kugira ikibazo cyo gufata raporo nyinshi no gukura umutima (Ingingo ya 0) bisanzwe bigaragara mu gihe umuntu yagaruye raporo nyuma yo kwihangana, si kuko raporo yabaye ingufu zikabije, ahubwo kuko ubushobozi bwa mubiri bwo kuyifata bwagabanutse n'ubwo icyo umuntu yatekerezwaga ko ari "umwimeri" kitarakigeze.
Ibyo kuvuga ko umuntu ashobora kugaruka mu byaha by’umutekano vuba kandi buri kanya, ni uko ibintu byagendagizwe n'ukuri cyane ku buryo ubwonko bw'umuntu bushoborwa.	Si ibyo gusa. Icyiciro cya 6 gihererereye mu mpaka z'epigenetike gishobora kugaragaza uko ubushakashatsi bw'ibintu bitanga umunegeza (reward circuitry) bugenda byihindura n'ubugayo bwinshi - kandi iyo misemburo yihinduye itazongera gutangira kuva ku butere, kugira ngo iboneke. Umuryango wari usanzwe ufatwa, washobora gukoreshwa ukongeraho vuba kurusha uko umwihariko mushya washyizweho bwa mbere. Iyo ni impamvu kenshi, nyuma y'igihe cyo kwitera inyuma, ibikorwa bya nabi bigira ingaruka zikomeye cyane kurushaho n'ibyo wari usanzwe ukora, kandi atanga icyizere ko ibisigazwa by'ubwonka (receptors) byakongerwemo.

⚠ IBINDIZI.

Ubweme bw'igihe kirekire cyo kwirinda gutanga ibiyobyobye si "bouton de réinitialisation" (ibintu byongera kuba nk'uko byari mbere), kandi ntibishobora kuvangwa. Ibyo bice bibiri byatanzwe mu butumvikanye bw'iyi ngingo zombi zikwemeza neziyongera, ariko zombi zifite ukuri n'ukundi. Icyo gikemura ni umubiri

ushoboye gukira mu buryo bushizweho muri iyi ngingo ya 3, kandi ugiye kugenda uvuka uko igihe gishikaga, atari nk'uwari wabanje. Kugira ngo wirinde, ugomba guha agaciro ibintu byose, kandi ukagendera ku buryo bumwe. Ibi ntibishobora kuba ikibazo gikomeye cyane. Bimenyihereye ko guhagarara burundu bishobora kugira ingaruka zidasanzwe kandi zikaba zirengeje ibindi, ahubwo bisobanuye ko ntibiba "umutekano" cyangwa "gusubira mu buryo bw'ukuri."

Ibyavugwa byenda ko "amaseli yawe asa n'ay'umuntu mushya buri myaka irindanu" ni ibintu bitagendera ukuri.

Iyi imyirondoro iguruka cyane, ndetse n'ahantu hatandukanye mu bwiteguro bwo guhuza abantu, ariko ntikoreweho ubushakashatsi butanga ibimenyetso. Uburyo buvugwa koko ni bumvikana kandi bufite akamaro kurusha iyi myirondoro, kuko bituma umuntu atagira impungenge. Imyanya itandukanye mu mubiri yivugurura ku buryo butandukanye: umuhuha n'umwijinya zivuguruka mu minsi cyangwa ibyumweru, imyanda ivuguruka hashingiwe kuri 10% buri mwaka, ndetse n'amagufwa avuguruka mu myaka ishize. Ariko, imyanya itanga umusaruro ukomeye muri iyi gahunda yose — neurons ziba mu buryo bw'ubwonotero (cerebral cortex) — ntizivuguruke kandi nta bimenyetso byigaragaza nyuma yo kubona ubuzima. Neurons zifasha mu gutanga ibyishimo, izi zikaba ari na zo zigaragazwa muri iyi gahunda yose. By'umwihariko, ni ibindiho bya nyamamaro umuntu yari afite mbere yo gukoresha methamphetamin. Ibi bindiho ntibihinduka n'ibindi mashya kuva igihe kingana cyangwa se mu gihe runaka, nk'imyaka mirongo itanu.

Igihe na imyaka, birimo ibintu by'itekinya, bitandukanye n'ibyo bitavugwa. Ubuvuga bw'igitabo cyo, ibintu byagira ingaruka ku gihe gishatshiwe ni ukongera umusaruro, ububasha, no kwerekana kwe k'ama receptors ku maseli ya neurons yariho mbere, ndetse n'ibindi bimenyebwishyu hagati yayo (imyirondoro yo mu gitabo cya 6 ku byo mu epigenetics). Ikindi kandi, imbururu itera ikigeragezo gikomeye, kuko hari icyiciro cyihariye gishoborwa neza: senescence ya maseli. Mu gihe umubiri urushaho, zimwe muri iyi maseli – harimo na glial cells zifasha mu mutwe – zigumana ntizongere, ariko ziguma zikora imirimo yazo, kandi zigashyira hanze ibimenyetso by'inyangamugayo (inflammatory signaling molecules) zishobora kwiyongera n’igihe. ndetse kandi igateza ibyorezo byo mu ubwonko. Ibi ni by'ukuri, bishobora guhinduka mu buvuzi bw'ubuzima n'ubugabo. Uburyo umwanya uhinduka ntibiba ikintu cyimburura – ahubwo urushaho kugira ibyorezo bigaragara, kandi ubu buryo bushobora gukomera cyangwa gutinda, kuko igihe kingana n'imyaka myinshi y'ivangiro, bitandukanye n'igihe cy'ibintu by'amashanyanimwe ya dopamine (dopamine) twavuga mu bisigye.

⚠ KWAGIRA UMENYESHEJWE.

kuko neurons izo ntaho ziguma aho gukurikira, kandi amagarano y'ubwenge ayo iyi gahunda yatanzweho ibitekerezo - nka gahunda yo gufasha umuntu kurenga icyorezo cyangwa gusubira mu buryo bwo kugira neza, no kwiyumvisha ibintu byatangiye gutuma umuntu yumva ko ashobora gukoresha ibiyobyobya - ntibihita. Ziguma ziriho,

muri cellule izo zo zirenze, ariko zigenda zikanganya. Iyo ni impamvu ituma kuvuga ko umwaka w'akazi nyabona utagize icyo bitanga, cyangwa kuvuga ko "ntwagize imbaraga", cyangwa kuvuga ko "umuntu yaba umunyabyobya buri kanya" ari uko bigomba gukurikiranwa. — ahubwo kandi, kwiteganya ko umwaka ushobora gufunga ibyo byohererezo ni ukwerekeza ku buryo bw'ibintu bidashoborwa. Igihe cyo gukoresha icyifuzo ni uko koko ibyo byohererezo byatangiye, ntaho kugira ngo bifunzwe burundu. Ikigikorwa gikomeye ni ugushyira imbaraga ku guhuza ibindi bice by'ubwonotewe bigereranyije, bikaba byinshi cyane kugeza aho ibyo bindi bice bitagatifuza zigera ku buryo bidatanga umuti. Aha ni ho Section 11's Protocol 20/C-28 ivuga ko duhuza uwo mushinga w'ubwonotewe kugira ngo ushobore gukora neza, kandi tukamufasha guhinduka akoreshe ibintu by'ibindi bishoborwa. Ndakangiye kuvuga: kugaruka ku kimwitwaro nyuma y'igihe cy'umwanya si buri gihe umuntu afata icyemezo ko ashobora. Ubushake bw'ibintu by'ibanze - kwihagira, gushakisha, kugerageza, cyangwa gutewe n'impamvu yo gusobanuka ku bintu - ni ingero nyinshi kandi zishoborwa neza, nta ko tugomba kubishyira mu rwego rwo guhangana no kutabyumva.

Icyiciro cya 4 — Ibyo Uzigira Igihe Gihagije Ko Uzabyumva

[Ushobora guhura n'ibintu bitandukanye. Aha ni ibimenyweho.]

* **Uruhumye**
* **Umubabaro**
* **Kwivanga**
* **Guhangayika**
* **Kwihagarika**
* **Kuruka**
* **Kutarya**
* **Kubura kwirinda**
* **Gutinda guteka**
* **Gukora ibintu bitunguranye**
* **Gushaka guhunga**
* **Gupfa umwete**

[Ibi bintu byose ntibigomba kuba ari ibisanzwe. Niba uhuye n'ibyo, dushingire.]

[Ushobora kandi guhura n'ingaruka z'imiti yagukuyeho itera uburwayi.]

[Niba ufite ibibazo bifatanye, usabwa gushaka inkunga. Gusaba inkunga si icyaha.]

[Ibyo wumva ntibigomba kuba ari ibisanzwe. Niba uhura n'iby’ingenzi, dushingire.]

Igihe cyo mu Ngabane ya 2 gishobora kubereka ibintu by'ubuzima birimo kuba n'igihe bigenda kugaragara. Iyi ngabane itandukanye - ni gahunda yo kugerageza gusobanura uko biba ku muntu, mu buryo buhagaze cyane kuruta ururimi rwa table yagira, kugira ngo igihe byaba, wamenye ko ari byo kandi utabyuka.

Anhedoniya - ijambo risanzwe cyane, ariko rigaragaza ibyorezo by'umutekano.

Anhedoniya yivugwa cyane mu bushakashatsi ku mpfu, aho bavuga ko ari "ubutazigira" - nk'aho byo byaba bigereranyije. Ibyo ntibyoroshye. Uburyo bukunda kugaragara kuri benshi ni nk'uko umuntu yarebye ubuzima bwe mu gitanda: ibiryo bidafite icyumenge, amakuru ya muzika wari ushyaka atanga amajwi gusa nta mafi, inkindi ituma ubyumva nk'amakuru gusa ntikugire icyumenge, umuntu ukunda utagutera ubwumvu nk'uko byari bimeze mbere. Si uko wagombye kwitaye kuri bibyo. Ahubwo, ni uko imashini yagiye ituma "ibintu byiza" bigira icyumenge. "ibintu byiza" birimo gukora ku buryo bwoherereye cyane ubushobozi bwabyo busanzwe, kuko iyo mashini ni yo sistema ya dopamine itumvikana neza n'urupfu rwa methamphetamine. Ibi ni kimwe mu byiciye intege cyane muri iyi porogaramu yose, kuko bishobora gutuma umuntu agira ubwoba buturuka ku buryo bw'ibintu - "kuki ntazongera kugira ibyiyumvire?" - kandi uwo bwoba ushobora kuvugwa akanahindurwa: nk'uko bigaragara mu data y'Ingingo ya 3, iki ni umwihariko udasanzwe, ariko ugenda gukomera, kandi si impinduka itazongera guhinduka.

Izindi ibimenyinya bisanzwe byatanga.

- Ubwiryane bwinshi n'umutuzo mwinshi, kugeza igihe umuntu agiye kugira ubujiji - ishami ry'ubwonotewe ritagera ku mwanya wo gukora neza uko umubiri usabye kuruhuka.
- Uruhumyo rukomeye kandi rusobanutse, ruzatangira atangaje, kandi rudasanzwe rushyirwa mu byiciro bituma rwumvikana - nk'urutodo, indirimbo, itangazo ku murongo - kandi ruhindura icyo gihe cyangwa uburyo umuntu abona ibintu.
- Ubwiryane n'ubusobanuro bwo gukora ibintu byihuse kandi bigoranye, bishobora kubangamira wewe ndetse n'abantu bakurikiranako, cyane cyane mu gihe cya "Pit" (umunsi wa 1-5).
- Ibuvugamuboko by'umutwe - kugorana gutanga amagambo, kugorana kumenya ibivugwa mu mvugo, no guhunga ko wifuje kuvuga icyo ushaka. Ibi ntibiba umushinga wo kwangirika burundu; bishobora gukira nk'ibindi byose bigaragazwa mu bisigye 2 na 3.
- Ibitekerezo by'ubwoba cyangwa ibindi bintu by'umutekano, bigatangaza, hashize igihe utarasinziriye neza— ubwonko bugerageza kugira akamenyero k'ibyo bwifuje nyuma y'igihe cyo kutyoroshywa cyangwa kwangizwa.

Iyi ngingo irimo ibintu by'ingenzi, kuko ni igisobanuro cy'umushinga usanzwe utuma abantu bumva ubwoba cyane ahubwo ntibumve neza icyo bisobanura.

Uburyo bwa BDNF butuma amaseli y'ubwonko kwiyongera (mu gitabo cya 3), kandi ubu buryo bugenda bufatanya n'uburyo bw'amashyirahamwe ya glutamate. Glutamate na receptor za NMDA ni zimwe mu mpamvu z'uko amaseli y'ubwonko atanga ubushobozi, si ibintu bibi gusa. Ibi bishobora gutuma umuntu yumva amayobero menshi cyane muri iyi ntambwe yo gufasha umwani, kandi by’umwihariko, uburyo bwihariye bwo kwiyongera k'amaseli y'ubwonko butuma umuntu yumva amayobero meze neza kandi asa. Bamwe bavuga ko iyi ngingo iva ku bintu by'umutekano gusa—bavuga ko bashobora kwishima cyane mu butaka bw'ubwoba, kugeza aho bagira uburyo bwo gufatwa n'ibimenyetso by'amashanyarazi, kandi ahandi rimwe na rimwe bigenda bihinduka ibintu bibangiza umutekano w'umunsi. Abandi bavuga ko bumva ko bashobora kwibagirana amasezerano y'ubuzima bw'imikundiro by'umwihariko—bavukira kandi bakiriho, babasha kuvuga iby'iyo mikundiro, ahandi rimwe na rimwe bagaragaza ko bavuga ibyo mu butaka bw'ubwoba nk'ibintu byabaye by'ukuri, mbere yuko bumva ko ari uko. Ibi bice byombi birashoborwa n'iyongera ya REM no guhinduka kw'ama circuit ya synaptic mu gihe cyo, bidatanga ibimenyetso by'ikindi. icyo gikoresho cyagize ikibazo.

KWAGIRA UMENYESHEJWE.

Niba wagiye gusoma ibisobanuro by'umutekereza (anhedonia) kandi wumvise uti "iyo ni iyo, kandi ntabwo nari ifite ijambo ryayo" - iyi myitezimbere ni cyane, kandi igomba gushyirwaho. Abantu benshi bagira iri tanda bafata nk'ibintu by'ibanze, kuko nta muntu wari kubasobanurira neza kugira ngo babyumve ko ari ikintu gikomeye, kandi kikaba icyo abantu batandukanye bahura na cyo. Iyo tanda ifite izina. Ifite igihe cyayo. Ntawe uri we.

Ibyo bituma ibintu biba bigoye: Ibihantu by'ibintu ushaka kwirinda gukora.

Hari bimwe mu byakubera mu mwerekezo w'iryo kurwanya, kandi bizabera uko kose— igihe cyo gukira kigaragazwa mu Ibigize 2 na Ibigize 3 ni ibintu by'umwijima bigenda. Ariko, bimwe mu bintu bituma umuntu yumva uburare butamuviramo, kandi bumubwira gufata ibiyobyobye, si iryo kurwanya nyabufasha — ahubwo ni ibintu byumvikana, byatanga ingaruka, bigatangwaho kandi bishobora kwirinda, bigateza ikibazo cy'iryo kurwanya. Kubamenya neza ni ingenzi, kuko byoroshye guhindura 'iki gihindutse nabi kubera ibyo nagize/niyanyoye/ntangire' mu kuvuga ko 'iryo kurwanya ntikugenda,' kandi igisubizo nyabufasha kikaba ari icyo gishobora kurekurwa.

Ibyatuma ibintu biba bibi cyane.	Ntabwo ndumva neza ibyo ushaka kuvuga. Ushobora kubinyereka?
Ibiryo bifite isukari nyinshi kandi byitera ibyorehe byinshi.	Ibihombo by'isukari bituma bigenda hejuru no kugabanuka bihinduza ububasha bw'umwanzuro n'amapfa ya gahinda, kandi nabyo bishobora gukurura ibindi bibazo by'umutuzo n'amapfa y'ingufu. Ni nk'igipimo gikomeye ku bipimo byari bimaze

Ibyatuma ibintu biba bibi cyane.	Ntabwo ndumva neza ibyo ushaka kuvuga. Ushobora kubinyereka?
	kugabanuka.
Kafeyini n'amazi.	Igihe cyo guhagarika intanga, umutungo wa caffeine ushobora kugera ku mutwe mu buryo bwo gutuma umuntu atarara neza no gushimangira akaga k'umutuzo w'ubwonotewe (HPA-axis). Itabi ryangwa rigera ku mutwe ariko, bigabanya imikundanyo y'ibice by'ubwonotewe bitwa REM, kandi iyi mikundanyo isa nk'iyongereye.
Nicotine n'ibindi binyanga bifatwa.	Ibyo byose ni ibintu bisanzwe, ariko bishobora kuba impamvu zikomeye: icyakorera umuntu, harimo n'ibinyobwa, bifatanya na gahunda y'ubuzima bw'umuntu, kandi bigomba gukurikiranwa.
Uburyo bubi bwo kuruhuka – gukora ibintu by'amashusho mu masaha ya nijoro, guhindura igihe cyo kwicurisha.	Bishobora guhungabanya neza umushinga ushingiye ku kurara ukoresha uburyo bwo gukwirakwizwa (ubuvandimwe bwo gukora BDNF, kwiyongera kw'ibitekerezo) uwo Section 8 yavuze ko ari ingenzi cyane mu gihe cyo gufata umwanzuro ku byabindiye ubuhanga bw'agateganya mu isaha ya 3.
Kwihindurira umukunde no gutinda ibiryo.	Uburaya bugererwa kugira ngo bukore iyi nyandiko myinshi bwagomba kuba bufite ibirungo bya glucose na umwanda mu gihe gihagaragara; kugira utwaye bituma habaho ikindi cyerekano, kigoye, gituma ugerageza kugera ku bintu bisanzwe bigaragazwa n'ubuzima.
Gukurikirana mu buryo burenze igihe.	Nta ifunguro cyangwa umwoko mwinshi, ariko bishobora kwifashishwa hano—uburemerezi bw'umuntu butuma ibyorezo byose byo guhagarika bikomera, kandi bitangiza urubutumire rwa mugenzi uwo ushobora kugira mu gihe cy'igihe gikomeye.

UDUKIRIMENYETSO

Gukora imyitozo ni ikintu cyumvikana cyatandukanye n'ibindi ku iyi lisiti, kandi gikwiriye gushyirwa mu mwanya runaka aho kugira ngo kigashyirwa hamwe n'ibyifuzo byo kwirinda. Kuko bivugwa mu Ibigize 8, ibigo, ni umushinga rukuru uhuza BDNF ituma igihe cyo gufasha gushoborera (kugenda neza) kigenda gihorana - kugira ibindi birenze, ntibyo bikongere, ni inzira y'ingenzi yo kwiyegurira uko umuntu abasha.

KWAGIRA UMENYESHEJWE.

Ubwundi bwose bwo guhagarika iyi ngeso - ububabare, ubujinya, ibitekerezo by'ubwa muganga, n'ibyo ushaka - ni umubiri wawe urimo gukora akazi cyo kwivura. Ntabwo ari ikimenyetso ko hari icyaba gikoze. Ni igihe gihagije, mu gihe wumva uburare, kugira ngo uburebure bwa "gukorera" bw'ubuvandimwe bushobora kuvumburwa nk'igisobanuro cyo kuba guhagarika ntibishobore, kandi ukohereza ibiyobyobye kugira ngo ugerageze kwirinda ibimenyetso by'ubwa muganga - si kuko urushaho gushaka, ahubwo kuko nta muntu wari kubwiyumvisha ko icyo usanzwe ushaka ni uko byatangiye, biza buri kanya kandi bigira ingaruka nziza. Kubizi mbere yo kugera kuri iyo ntambwe ntibishobora. Gukemura ububabaro. Ariko byo bisobanura ko uburyo

bubabaro buhagarariye si bumwe, kandi iyo ni yo mpamvu ibyo ushobora gukora kuwo buryo bugabanuka.

Ingero ya 5 — Uburyo bw'ubusobuzi butuma gukora akazi n'igihe hagati y'icyumweru no kwishima.

Si buri wese ufatwa n'ubujiji bwo gukoresha methamphetamine atangira mu birori cyangwa muri kamwe. Iyo ntambara nyayo kandi isanzwe ni iyo kuvanga, cyane cyane kugira ngo umuntu abeho - imirimo myinshi, akazi agera kuri make, no kwitwara abantu ndetse n'akazi kenshi. Ni uburyo bwo gukora byinshi mu buryo buhoraho, aho guhagarara bitaba icyifuzo. Iyo ngufu y'ubujiji bwa methamphetamine ishobora kuba nk'igisubizo cyonyine kugira ngo umuntu abeho kandi akurikije gahunda itari yo kuva kera. Uburyo bw'iyi ntambara bugomba kuvugwa, kuko butuma havuka ibimenyetso byumvikana kandi bitandukanye, bigenda bisoranyishwa n'ibindi bimenyetso byerekeranye no gukoresha methamphetamine.

⚠ IBINDIZI.

Ubudende bwinshi, bukabije, - uburyo bw'ubudende butuma umuntu gukora ibintu by'akazi cyangwa gusomerera amasaha arenga ayo umubiri yari yarashize - bushobora gutanga icyiciro kigoye aho ibisobanuro by'ibitekerezo by'umuti biratangira kugeraho mu bitekerezo by'umunsi: amashusho make, meze nk'ibitekerezo, cyangwa ibimenyetso ushobora kwishima n'amaso yanjye, uburyo bwo guhura n'ikintu kitari icy'ukuri, cyangwa igihe ushobora kutamenya neza niba ikintu kimwe gihuye cyabayeho cyangwa warwiteguraga. Ibi ni ibyiciro byemejwe ko ari ingaruka z'ubudende bwinshi (ndetse bumaze kuba ubuziranenge) bw'umubiri, kandi bidatanga umugambi wo guhura n'ibimenyetso by'ubukuntu - nubwo bifite bimwe mu byiciro byo. Iyo gahunda y'ibyorezo itaratangajwe mu Icyiciro cya 0, ndetse n'iyo version irimo ibimenyetso byo guhunga (paranoia) cyangwa uko umuntu atabasha kugira icyo yumva (break from reality testing), ahubwo aho kuba amatangazo make y'ibintu bisanzwe (perceptual intrusions), igomba gukurikiranwa nkuko bigiye mu Icyiciro cya 0.

Ibi birenze ibyo uyu butumire usobanura: gushaka guhinduza uko umuntu yimukiye, ntihagere gusa ku mutunga. Kugeraho ubwonko bw'umuntu (Section 3) n’ubwo wari kumvikanwa, ariko ukomeza kugira gahunda itazashoborwa, ni nk'uko uyu muntu yari yarimukiye mbere yo gukoresha izo mvandiro. Ibi bisobanurwe neza ahubwo ntihagere mu magambo make.

Icyiciro cya 6 — Ibisigashana by'Ubwoko.

Jeni.	Iyo ivuguruza.	Iyi nkuru irebana n'ibintu by'ingenzi.
COMT (Val158Met)	Ubusozi bw'amaraso bwa dopamine.	Val/Val ('Umugabo', ukwiruka vuba) ni urwego runaka rwa buri wese, cyane

Jeni.	Iyo ivuguruza.	Iyi nkuru irebana n'ibintu by'ingenzi.
		cyane ku mutetero, - umuntu ufite imikorere y'ubwonka itanga ibimenyetso byihuse kandi bifatwa neza, ushaka guhanagurwa n'ibintu by'imbaraga. Iyo mbogamire ya mbere yatumye umuntu yumva ko yabashije kugira icyumweru cyuzuye. Gukongera ku buzima bwawe bugaragara bisaba ibindi bituma wumva neza, bidatanga gusa uburyo bw'ubutwaye.
DRD2 / ANKK1 (Taq1A, allele A1)	Ubwinshi bwa resipitolo ya D2.	Umuntu ufite allele A1 y'umugene, ubushake bwe bugenda neza ariko bufite ibyifashwa bya D2 birebyeho bike - Ibi bituma umuntu agira "Reward Deficiency Syndrome". Iyi ni imishinga ikomeye cyane yo gukoresha mu kuvura (kugabanyiriza ibintu bifasha umwuka, nk'ibyo twavuga muri Section 8), kuko ari iyi sisitemu y'ibyifashwa itanga ubushake iyo ishobora kongera imimerere, bidatanga icyo gishoboye cyane.
MAOA (uVNTR)	Umutekano w'amashanyagambo ya dopamine, serotonin na norepinephrine.	Alleles z'imikorere nkezigora (low-activity alleles) bituma imyanya ya monoamines igwira; mu gihe alleles z'imikorere nyinshi (high-activity alleles) zibishyiraho vuba. Iki gice cya kabiri cyo kigaragaza ibintu byinshi, birimo ubushake bwo gukora ibintu butaha (impulsivity) n'ubuziranenge bw'ivangiro (use severity) - kandi bifite ikigamijwe ku gihe cyo gufata supplements ndetse no kwihanganira iyo ngeso.
BDNF (Val66Met)	Iremerwa ry'ubwonko no guhinduka kabyo.	Abantu bafite igene ya "Met" mu mazi y'amaraso bahindura ibimenyistezi (BDNF) make kandi bifitanye ishusho nke, ubwo bwihinduririzo bugaragara iyo umuntu agenda gukora imishinga. Uburyo bwo kwiyongera ku bimenyistezi (BDNF) biturutse ku ngendo n'imikoresherezo ni ikintu cyingenzi gikiza muri iyi gahunda yose —kigenda neza ntawizere, ariko abantu bafite igene ya "Met" bashobora kubona inyunganizi zirengeyeho mu mikoresherezo kugira ngo babone umusaruro mwiza. Ibi ntibishoboka

Jeni.	Iyo ivuguruza.	Iyi nkuru irebana n'ibintu by'ingenzi.
		guhindura—ni icyiciro cy'uburyo bwiyongera ku bimenyistezi.
CYP2D6 / CYP2B6	Imyemerero y'imiti itshuriwe mu kuvura no gufasha umuntu gukira (nka bupropion).	Iyo umuntu yifuje gutangira kwivuza, bishoboka ko hari ibimenyetso by'ubuzima bitandukanye byatanga ingaruka zidakoreshewe neza. Abantu bamwe bashobora guhindura imiti vuba cyane, kandi abandi bashobora kuyihindura hashingiwe ku buryo butunguranye. Ibi bishobora kugira ingaruka ku buzima bw'umuntu. Bityo, ni ngombwa ko umuganga yamenyeshwa ibyimenyetso by'ubuzima mbere yo gutangiza iyo miti.

Ibyo uko umwimerere wa COMT ushobora guhindura ibimenyetso by'umuntu ubwo yagira ikibazo.

Igiherero cyo ku murongo wa COMT kivuga genotype; iki ni iby'uko byagenda buri munsi, kuko Val/Val na Met/Met zigaragaza ingaruka zitandukanye bigihe cyo gukurikiza imiti, kandi bityo bisobanurwa mu buryo bwumvikana kurusha gusigara ku magambo mashya.

COMT Profile.	Ibisanzu mbere yo gukoresha methamphetamin.	Ibyagaragazwa n'akarengane.
Val/Val ('Umugenzi') — gukwirakwizwa vuba cyane kw'amashyiraham we ya dopamine, ubushobozi buke bwo guhuza amashyirahamwe ya dopamine.	Ahaheze akenshi agaragaza ibimenyinya bicye, kandi akunda ibintu by'ubwihangane, ibintu bidasanzwe, n'ibikorwa bifite ingaruka zirengeye. Ibi byaba mbere y'uko yakoresha intwaro itunganye.	Ibihumbi by'umutuzo bisanzwe bigaragazwa nk'uburindi bwinshi n'ubukumbavu, cyane kurusha ubwoba —uburyo bumwe bw'ubuzima butunganye, uburyo buke bw'ishoramari. Kwitaba ibintu ni icyiciro gikomeye cy'ibisubizo. Ibihe by'ukunyura bigenda bihora ku buryo umuntu ashaka kugira ubwumvikane bwinshi, bidatanga ingero z'inyangamugayo yo kwirinda akababaro.
Met/Met ('Uwo yitwa "umunani" cyangwa "umunyahamagaro "') — ukorera ibintu bicye cyane, kandi ufite ubwonko bugereranyije, umushinga wa	Hari igihe umuntu ashobora kuba afite ubwoba cyangwa akavuga byinshi, cyangwa akagira ibitekerezo bidasanzwe, kuko inyebyu ze zigera ku mwihariko. Iyi myemerero ishobora kuba ituruka mu buryo umwihari we utunganye.	Ibi bimenyerezwa byagaragazwa cyane no guhura n'ibintu nk'uburindi, kwihanganira ibitekerezo, no gukomerera – kandi bikoranyije n'umutuzo. Iyi gahunda y'ibyimenyerezwa igaragaza kandi ko umuntu ashobora kuba afite ubushake bwinshi (hypervigilance), nkuko byavuzwe mu Cyandiko cya 4, kandi ko ingaruka z'ubusumbuzi bw'oroshye

COMT Profile.	Ibisanzu mbere yo gukoresha methamphetamin.	Ibyagaragazwa n'akarengane.
dopamine uruhare rukomeye.		(sleep-deprivation) zishobora kugira ingaruka zirenze izo zakunze kuba kuko umuntu afite imyanya myiza y'ibimenyetso by'umutuzo.
Heterozygosi (Val/Met)	Nta bushoboro.	Hari igihe usanga umuntu afite ibimenyetso by'ibintu bibiri – guhagarara no kwangirika – ariko ntibimubashe kugera ku mwimerere ukomeye nk'uko bigenda kubantu bafite imiterere y’umwiharuro.

GABRA2 – "Isaha" n’ubwo kugira ibintu byatangiye, kwitaba ntibiba byoroshye ku bantu bose.

Methamphetamine yihutishije si umuti ushingiye ku GABA-A nk'ibindi bintu bifatwa nk'ama benzodiazepine — ariko ubuzima bw'umuntu ufite GABRA2 bugifite ikigomba, kuko bigira icyo bitanga. GABRA2 irebura ibyiyongera no gukora neza bya sisitemu y’ubwonotewe ya mbere mu mutwe — uburyo bw'umuntu wo guhagarika imimerere, ubushake, n'imikorere nyuma yo kuba yaragiye itangiye. Ibi bishobora kugira ingaruka ku buryo umuntu ashobora guhagarara cyangwa atahagariye, kandi bitandukanye n'ubushake bw'umuntu.

GABRA2 Profile.	Ibigakorwa byo guhagarika.
Funywa y'umwimerere muke / funywa ya GABRA2.	Ubwumena bwo kwirinda ibintu bibi buvuye ku mwanya usanzwe ni bwinshi cyane – ubushake bwo gukoresha icyo, nyuma yo kuba warubateye, bugorwa kugira ngo butegeke kera mbere y'uko bikongera kuba imyitwarire.
Variyante y'umwimerere wa GABRA2 ufite ingorane (ubushoboro buke bwo kwihanganira).	Ubukuntu bwo kugabana imbaraga z'ibintu byatuma umuntu agorwa mu kuvuga "oye" burushaho kuba munsi kuva kuvaheruka gutangira gukoreshwa—ibi bisobanura ko igihe hagati y'ubushake no gukora ibyo ushaka biba bigabanutse kandi bikaba bigoye kugumaho n’imbaraga z’ubwese. Ibi si ikintu cy'umuntu, ahubwo ni ikintu gikorerwa mu mubiri, kandi ni nk'iyo gahunda (architecture) ya GABRA2 yagiranyweho muri raporo y'ibintu byitwa "Recovery Kernel" ku birebyari byitwa benzodiazepine n'inzoga—bikorera kimwe, ariko bigeraho gukurikiza iby’imbaraga z’umuntu mu buryo bwihariye.

UDUKIRIMENYETSO

Niba kwitunda byari bigoye kuri wewe cyane kuruta uko byari bigiye ku muntu mwene we uyifashaga icyo kinyanga kimwe n'ibindi, uyu mvugura, kandi afashaga iyo nyinshi —icyo bisa ko ari ikintu gikomeye mu mubiri wawe, bidatanga umwanzuro wihariye kubera ukutumvikana cyangwa kwirinda. Ibihe bya GABRA2 ni byo bituma "kwitunda" bigoye cyane ku buntu butandukanye bw'umwani, kandi buri bumwe buhura n'ubushake nk'ubwa mugenzi we.

Iyo umuntu yifashisha meth, birushaho guhindura uko igene zanditsweho?

Bibiliyemo muri tabeli y’harabura bisobanura ibintu umuntu abonekera akiri mu ndimi. Ikibazo kinini kandi kigaragazwa neza ni niba gukoresha methamphetamin n'ibindi bituma imikorere ya jenamu igabanuka—ntihubutane n’inyandiko z’amajeni, ibyo ntibishoborwe no gufasha—ahubwo bisobanura uko amagambo y’amajeni agereranywa, kandi atubahirizwa. Ibyo bitandukanye: nta we ushobora kubuza umuntu gukoresha icyangombwa cy'umuntu, ariko imikorere ya majeni akomeye—cyane cyane amajeneri y’inzira ya dopamine n’amajeneri yo kwihanganira—ashobora guhinduka igihe umuntu yakoresheje ibyo byinshi.

Mu by’umushinga w’ubuziranenge bwo guhuza ibintu, haracyaho ibisobanuro bikomeye (iki ntikirebwa gusa ku bushakashatsi ku mishanga, ahubwo ni mu byiciro by'ibindi bisanzwe, ariko mishanga nayo yigarurirwamo): ubwonkora bwinshi bw’imishinga itangwa butuma umushinga w’ivandanye witwa ΔFosB ugwira mu buryo bukomeye mu bipimo by’ubwonka bigenga ibintu bitanga ibyishoro, kandi uwo mushinga ukoresha imizinga myinshi y'ibindi bishinganwa kugira ngo bifate neza ibyishoro no gushaka. Ibi ni kimwe muri byo bihuriyeho mu bushakashatsi bw’ubuziranenge ku rwego rwo mu mashinga, kandi biratangazwa mu nkuru z'ibanze zivuga ku mpamvu z'impinduka zirengeye za buri gihe zishingiye ku guhuza ibintu (Nestler, 2001, kuri gahunda y’ubuziranenge y’impinduka zirengeye za buri gihe zishingiye ku guhuza ibintu). Niba mishanga itanga ibisobanuro byihariye birimbwa mu mashinga atandukanye, atari yo mishanga gusa. Uburyo bw'umushinga - kandi niba ibyo byahinduka byashoboraga kugera ku muntu ukurura, nkuko ubushakashatsi bumwe kuri ba nyamaswa ku bintu bitandukanye byagaragaje - ni ikibazo gikomeye kandi kitaravuzwa neza. Kugira ngo tuvuge ko icyo gice cya kabiri cyemejwe, twazabuza uburyo bw'ubushakashatsi; ni ikibazo kigomba kwitabwaho, si ukuri kwemejwe.

UDUHAME

Uburyo bwo gukora ibintu mu marimbya (epigenetics) bugenda kandi mu buryo bubiri. Ibiranga by'ishyirahamwe (Recovery Kernel) bigaragaza neza icyitwa 'uburyo bw'isanamu mu marimbya', maze bisobanura ko imyitozo y'umubiri ituma hari impinduka zigaragazwa ku buryo buvuguruza ibindi, kandi zigenda neza (mu mezi 1-3, umuntu ashobora guhinduka no kwiyumvamo; mu mezi 3-6, impinduka zigaragazwa mu marimbya zimera; kugeza ku kwezi 6 n'ahagaragara, umuntu afite ibyiyumvo bishya byo mu ubwonko). Izo mpinduka zose mu buryo bwo gukora ibintu mu marimbya, igice cyatatu (Tier 3) cyo guhuza abantu kugira ngo bakire, kitari icyo gusa kurengera ibibazo by'umuntu, ahubwo kikorera ku buryo bubindi, ariko bugaragazwa neza.

Abantu uyu mafungiro atazabasha kubaha umutekano: Ibyiciro by'abagizi b'ubuzima bifite ibihano.

Akinamuntu, ibintu byinshi mu iyi gahanda yanditswe bitewe n'inteko ko gufata umwanzuro wo gukira, bigenda neza, bishoborwa ku muntu wese nta kumvwa uko imirimo ye iteye. Igihe cyo kuba umuntu ashobora gukira gushoboka kigomba kuba cyoroshye cyangwa gikomeye bitewe n'uburyo umuntu yubatse, ariko bishoboka kuri buri wese. Hariho imirimo imwe itandukanye, kandi ni byiza kuyivuga neza aho kugira ngo tuyirengagize mu ma table y’imibere muri genetics.

IBIHERI BIRENZE.

Ku bushake gatoya na psikiyatri bumwe bw'umwimerere, gukoresha methamphetamin bitera ingorane itandukanye cyane n'izindi zose mu butumire bwa none—harimo n'inkiko zo kuba umuntu ashobora gufatirwa indwara y'ubusazi itazongorana neza nyuma yo kwitamo. Ibi bisobanurwe neza hasi.

Iyi ni impamyabanga.	Impamvu y'uko iyi ihindutse mu buryo butandukanye, bidatanga umwiharuro.
COMT Met/Met ('Umuntu utanga ibitekerezo'/ 'Umunyacyaha'—ubushoborero bwo gukora dopamine buvuyeho, ubushobozi bukomeye bwa dopamine n'ibimenyetso byo mu mubiri bitera uburare) bigombanye n'amateka y'umuntu cyangwa umuryango ku buryoba, schizophrenia, cyangwa bipolar disorder.	Iyi ni iyo nyamaswa itangwa n'ibindi bimenyetso bya Recovery Kernel ku bahanini be bateweho ibiyobyobyo (MDPV, alpha-PVP): umuti ushobora kurenga ubushobozi bw'umuntu, utanga umutungo w'amashanyarazi cyane mu buryo butunganye, kandi ugeraho mu mubiri ufite imishinga myiza y'amashanyarazi, nta nshina ya serotonin ituma ibintu byoroha. Ibi bituma haboneka ingero zirenze z’abantu bahuye n’ibimenyetso byo guhunga urukundo, kandi birimo uburyo bwo gutera indwara. Ku bantu benshi, indwara zo mu mutwe ziterwa no kunywa ibiyobyobyo – nubwo zikomeye – zigorana kuko umuntu arekuye ibiyobyobyo, kandi bigenda gukira mu gihe cy'iminsi make. Ariko kuri iyi gahunda, igihe kinge ni ikintu gikomeye: gutera indwara yo guhunga urukundo ku muntu ufite icyorezo, bishobora gutuma umuntu agira indwara itazongera gukira neza nyuma y'uko ibiyobyobyo byarekeye. Ibiribano byashoboraga kuba umuti wateye intambwe ku buryo bw'ubundi, ahubwo ntibyaba umwanzuro ukomeza gukurikiriza ubuzima bwa kimwe.

Ibigomba gukurikiranwa kugira ngo ushobore kwibona mbere yuko biba ibyiza.

Ibyaranga byuzuye (COMT rs4680, DRD2/ANKK1 Taq1A) ni uko ushobora kumenya neza, ariko ntibiba ku bose, kandi ikiraka cyihariye gishoborwa vuba n'ubushakashatsi bw'amateka - ibi bisaba kwangwa neza, byiza mbere y'ukoreshwa, cyangwa mu gihe kenshi ushobora kubona uko umuntu akoresha.

- Hariho indoto mu muryango ku byifuzo, ubwoba, cyangwa ibindi bintu bitangaza?
- Ntabwo ndi umuntu kandi ntarabyinirwa.
- Uretse, ubyuka cyangwa wigabwa n'ibintu bisanzwe, kuko urushaho guhagarara ku bintu, nk'uko bigaragara mu mizerere yitwaje izina rya "Worrier" (umuntu utinya) yagiranywe mu Cyandiko cya 6?
- Yaba umuganga cyangwa umushakabarwayi yigeze gutangaza ko hari icyorezo cy'ubumuntu cyangwa ikibazo gishingiye ku byo umuntu abona no kubyumva, kandi utagishize imbere cyangwa wagize amakemero?

⚠ IBINDIZI.

Iki ni icyiciro cy'umugongo.

Uburyo bwose bwo gushyira hamwe umwanzuro "nda" ku byibazo by'umuryango cyangwa ibitekerezo by'umuntu n'uburyo bwa "Met/Met" butuma umuntu asa nk'ufite iseseme, ni icyiciro gikwiye kwitabirwa nk'ikimenyetso gishobora gutanga ikibazo, bidatanga amahirwe yo kugena ko ari ibisubizo byatangwa. Iyi ni imyirondoro itandukanye mu butumire bwose bwo muri iyi gahunda yose: aho umushinga si "ubu ni uko ushobora kugabanya ingorane" - ahubwo ni "iyi myirondoro ya buri gihe ni impamvu ituma ingorane zikomeza." Niba iri byo kwerekeye wowe cyangwa uwundi muntu ushaka gufasha, ubuvuguzi bw'ubuzima mbere yo gukoresha ibindi - bidatanga amahirwe yo kugira ikibazo nyuma - ni uko bigomba gukurikirwa, kandi ni... icyo umuntu ashobora gufata ku mugongo agiye kwa muganga: "Nshaka kumenya uko niteguye ku by'umutuzo wanjye mbere yo gukoresha iyi ngeso."

Ubumenyi bw'ibimenyiste bidafite ibisubizo by'ubuvuzi.

- Ibyo byemerwa ko umuntu afite uko gukora k'umuhuha (COMT) bishobora kuba bitanduye, kandi ashobora kugira ikibazo cyo gutanga isignale mu buryo bw'ubwonotewe (DRD2).
- Yabaheze ibintu byatuma ukora neza cyane – gukora igihe kirekire, kugera ku byo ushaka? → Byenda ari "Val/Val COMT".
- Uheruka gutangira umuti usimburura ubwonotewe, maze ukarushaho gufata ibindi? → Byenda kuba hari ikibazo cyo kubura serotonin (DRD2) kandi ukuntu umubiri urwaye ufitemo umuti ukaba urushaho kugabanuka.
- Urahora nawe ufite ibyorezo cyangwa ubwoba, cyangwa ukuntu umuzima wawe utagira gahunda, kuko udatanga ibiyobyobye? → Byenda kuba hari ikibazo gishobora gufata MTHFR — kugabanya ibintu bifatwa nk'ubutunganye (5-MTHF) ni ingenzi kandi bigomba gukorwa hamwe n'ibindi byose biri mu Icyiciro cya 8.

Icyiciro cya 7 — Gukoresha Uburyo bwo Guhuza.

Ibyiciro.	Ibyiciro by'abantu.	Uburindi.	Ibihebya byo gukora ibintu neza.
Bure.	Gukoresha n'ubusoro, cyangwa hagati ya nuburo; gukora ibintu make cyangwa gufunga inshishi n'ubusoro; gukoresha mu gihe kirengana.	Igiruka ni igehe cy'umutuzo, ariko kenshi bigenda vuba kandi bidatungiye.	Kwerekana ko guhuza ibintu ni byo umuti, ariko ushobora gukora neza n’ubwo utagira ugiye kumufasha. Ibi bishoboka, ariko kugirana na we kandi ukamufasha bizatanga imbaraga. Amabwiriza yo kwirinda agaragazwa mu ishami rya zero akomeza kuba ariyo ngingo.
Medium	Gukoresha cyane, ariko ntikagorewe; gukoresha iminsi ya vuba kugeza ku mezi make.	Iyi nkuru ntayo.	Ubuyobozi n'amaserukira kandi igice cy'ubufasha gishoboye kuva ku munsi wa mbere bigabanya ibyago byo kuba mu kibazo gikomeye.
Erenge.	Gukoresha ibiyobyobye mu buryo bwo gufata dosi nyinshi, ukurikizwa na "binge," hanyuma ukahagarika kuza iminsi myinshi, kandi uyu murimo ushobora gushyira umuntu mu kigeragezo cy'amezi.	Igiyehe - umwihariko w'uburyo bw'inyangamvugo ("binge-crash") ubwoyobora gutangwa kw'umushinga wa dopamine uko bigeze, bikaba byinshi kuruta ibyo gukoresha buri gihe.	Gushobora gukenera gufashwa mu gihe cy'inzara, cyane cyane mu minsi 1-5, ubwo bushobora kuba igihe cyo kwiyandagaza. Ntuzabe wenyine muri uwo mwanya.
Ibihaha by'igihe kirekire / Uburyo bwo gukoresha umuti mu maraso cyangwa ukubyaza, igihe kirekire.	Iminsi itangira ukwezi kugera ku myaka, cyane iyo umuntu yikoresha ibiyobyobye akabiseka cyangwa akabicura (kuko biba byoroshye kandi bigira ingaruka zirenze	Abarwayi bo mu kategori ya nyuma - iyi ni umugabane w'abaganga bahoze barokorwa n’umuti wa D2 mu gihe gishize, hagati y'amezi 12 na	Gushoborwe gukoresha serivisi z'ubuvuzi n'iziboneza akarengane mu gihe cy'akaga. Abantu

Ibyiciro.	Ibyiciro by'abantu.	Uburindi.	Ibihebya byo gukora ibintu neza.
	izindi, ndetse binagira ingaruka zirebana n'amashyirahamwe ya dopamine).	17, nkuko byatanzwe mu Icyici cya 3.	babiheramo kandi ni abashobora kwegera serivisi z’ubuvuzi zigomba gukurikizwa, aho kuba gusa bakurikiza gahunda yihariye.

Icyiciro cya 8 — Ibyakorwa mu gihe cyo gufasha umuntu gukira.

⚠ IBINDIZI.

Iyi ngingo itagira icyo ivuga ku bitegura kwiyahura, guhangara, cyangwa ikibazo gikomeye k'umutima. Iyo umuntu yagaragaye afite ibimenyetso by’ikiciro 0, ibyose bigomba gukurikiranwa mbere y'iyi ngingo.

Ibisigye 1 — Gukwirakwizwa mu buvuzi.

Mu byo gufasha umuntu gukira, hasanga ko ibintu bifatwa nk'ibisubizo ku bice by’umwihangira byitwa "glutamate" bigomba kuganirizwa. Ibirungo nk'iyo iturimo ya "NAC" (N-acetylcysteine) zifasha mu gukemura iyi gahunda. Uko umuntu yanyoye "meth", umwijima w’umushinga wa dopamine uhinduka, kandi uwo muhinduro uhita ukangira glutamate mu bice by'ubwonka bitwa "cortico-striatal circuits". Iyo glutamate yangiwe cyane ituma ibice byitwa "NMDA receptors" zikora neza cyane, kandi iki gikorwa kizasanga umuntu afite indwara zo mu bwonka, nkuko bisobanurwa muri "Section 3", ndetse na gahunda mbi z'ibitekerezo, n’izindi mimerere zidakunze kuba, zishobora kuzatangira ubwo umuntu yari yarashize atarara neza (muri "Section 4").

Ubuyobozi.	Urugero.
Tyrosine (500-1000mg, agasoko, itegeke ko utayinywa n'ibindi birimo poroteyi).	Ibyo bituma umushinga wa dopamine gutangira, hanyuma utangire kwiruka neza, biba byaba ku munsi ya gatatu cyangwa ya gatanu.
NAC (600mg abiri buri munsi, yanywa n'ifunguro).	Imikoraniro ebyiri: kuguma neza ku myemerere ya glutamate no kurwanya ubushake bwo gufata ibiyobyobye binyuze mu ishusho rya cystine-glutamate, kandi kuba umufunguzo wa glutathione utanga inkunga y'ubugenzuzi bw'umukorura - gukoresha meth ku buryo bugezeho, cyane cyane ubwo hari ibindi bitandukanye byiyongera mu biribwa, bishobora gufata umwanya munini ku misaruro yo kugenzurira umukorura. NAC irengera umukorura kuko irenga imyemerere

Ubuyobozi.	Urugero.
	y'ubugenge ya mbere.
NAD+ (nicotinamide adenine dinucleotide).	Gukoresha ibiyobyobye mu buryo bwinshi buri gihe bituma igipimo cya NAD+ gisimburwa. NAD+ ni koenzyme ikomeye itanga umwuka ku maseli kandi ifasha gutunganya DNA, kandi ni kimwe ahabona uko umuntu ashobora kugira ububabare bukomeye mu myaka ya mbere yo guhagarika ibiyobyobye. Kuganiriza ibyozi (IV infusion) ni inzindi zikizamini zihererekanywa cyane kandi zifite ireme ridasanzwe zo gukemura ibibazo by'ubuzima bw'umuntu mu gihe yihagaritse, kandi hari abaganga bamwe bavuga ko bifasha kugabanya ububabare bwo guhagarika. Ibirungo birimo NMN/NR bigurishwa mu buryo bwa spray ya maso, mu buryo bwa tablet, cyangwa mu buryo bw'inyangamike, kandi byoroshye kubona ariko bidatanga umusaruro ukomeye. Ibi ni icyifuzo gishoboka, si ikintu ngombwa – ibikorwa bingana (kuruhuka, kurora, n'iyakorera) bigaragaza ko bifasha cyane mu buzima bw'umuntu; NAD+ na izindi nzindi zikizamini zishoborwa ariko. Ntabwo ngiye guhindura ibintu.
Calcium D-glucarate (200-400mg buri munsi).	Ubwundi bw'ibindi bitanga umuti (complement) ku ngingo ya NAC yariho, bugira akamaro mu gice kinini cyo kwirinda intundu: bwigabiza beta-glucuronidase, enzime ituma ingero ziba zigaragazwa n'intundu mu byiciro bya kabiri (Phase II) zigaruka kandi bitera ko ibintu bifite ububi byakwiragiye kandi amashyirahamwe y'ibindi bimenyebwishyu bigasubira mu maraso aho kugira ngo bikongerwe. Aha, NAC ifasha umuti wa glutathione kugira akamaro, naho calcium D-glucarate ifasha gushobora ko ibintu intundu yarimo guteka byakongera kuva mu mubiri, ahubwo ntibisubire—ni ikimenyetso cy'ingenzi mu gihe intundu iriho kugira akamaro ku bintu bitanga ubwoba n'ibindi bifitanye isano.
Glycinate ya magnesium (300-400mg y'umwimbu, umugoroba).	Magnesium yubikira mu kanama cya receptor ya NMDA kandi igwepesha ibyuma, ikanga igice cyinshi ry'iyongera rya calcium kugeza igihe selulo yaba yarashize ku mwanya ukomeye. Iyi ari inkuru y'ibindi byo gutunganya umukoroni w'umubiri, kandi bigaragaza ibyorezo bya glutamate/NMDA byarenganyijwe, nkuko byavuzwe harimbere. Ibi bishyira hamwe n'uruhare rwa magnesium mu gice cya 8 ku ngabire y'imikundiro, ntibubivemo.
P5P (pyridoxal-5-phosphate - ifomu y'ubuziranenge ya vitamini B6, dose ya 20-50mg buri munsi).	P5P ni koenzyme yifuzwa yo gukoreshwa na glutamate decarboxylase (GAD), enzime itwandika glutamate mu GABA. Iyo nta P5P iva neza, ubu buvandiko butazajya bugenda neza, kandi bizasaba ko hari glutamates zirenga n'ibindi, kandi ntihagere ibyitwaye GABA byo gukurura. Ibi bintu bifite ishusho y'icyo gitabo cyo kuri

Ubuyobozi.	Urugero.
	glutamate. Utiye P5P ukoresheje aho uti "B6" (pyridoxine) iyo ukeneye kugira icyo wita ku ivandanye, nkuko bisobanurwa mu murongo wa MTHFR hasimbuwe.
'Brain Stack' — Uridine + DHA + CDP-Choline	Igiragira ku bwinshi kuri densité y'amarebashya ya DRD2—ubuhindutse bw'inyamaswa by'umushinga mu ishami ry'amategeko, bidatanga gusa umusaruro.
5-MTHF (folate yemejwe).	Ubuyobozi bw'ingenzi bufatanyije n'ubuziranenge, cyane cyane igihe iyo gahunda y'indwara ya depression/umujinya ituruka ku gipimo cya MTHFR ivugwa mu Cyandiko cya 6.
Imyanya y'umukorura n'ubushoboro bwo guhuha, ibiribwa byuzuye amaproteine kuko ubushake bwo kurya bugiye gusubira.	Iyi gahunda itanga amahugurwa ku byo gukemura ibibazo by'ubuzima, kandi igihe umuntu agiye mu mwanya wo guhagarara (crash), biba ngombwa ko hagira icyakorwa. Ibihumbi by'umwuka n'ibyariya umubiri byatangwa mu gihe cyo gutera inkari, kandi ibyo bituma umubiri utagira ubuzima bwimbitse nyuma yo gufata ibintu byinshi. Ibi bintu bisanzwe bibaho kandi bigomba kwitabirwa nk'ibindi bibazo umuntu ashobora kuba afite mu mutwe.

⚠ IBINDIZI.

Ku kijana cy'umuti wa ketamine, kuko ushobora kuba uhuriye n'amakemika ya glutamate, hari ubushakashatsi buvugwaho guhuza ketamine no kubura ibintu byera (stimulant use disorder), kandi bikorwa binyuze mu mikundano y'ubwonowe hagati y'amaseli (synaptic plasticity) aho "gukemura" umutekerezo w'umwanda, nkuko bigenda mu kuvura uburemere bw'imimerere ya depression. Ibi bimenyesha bifite ibisobanuro bingana, kandi bikwiye gukurikiranwa neza kuko bisaba ubuvuzi bw'abaganga bafite ubumenyi buhagije, kandi bidatanga amahirwe yo kuboneka – ikibazo cyo kuba umuntu afite ubushake bwinshi (Reward Deficiency Syndrome) byatuma akunda ibintu byera, kandi n'umuti wa ketamine ushobora kumutwara. Uburyo umuti utangwa nawo ni ingenzi: Ketamine itwaye mu maraso (IV) na esketamine (Spravato, itwaye mu maso, ifatwa nk'imiti yemerwe na FDA ku buntu bw'imimerere ya depression – ariko ikoreshwa mu buryo butemewe). iyo yakoreshejwe mu by'ivangiro by'imiti yisuzuganya, ifite ubushoborero bukomeye kandi buhagije cyane kurusha ketamine ikoreshwaganzwa mu kanama, harimo na troches. - inzira zikorerwa mu kanama zigabanyiriza umuti wihariye kubera metabolism ya ini y'imvura, bituma igisubizo kitazaba kunsanga. Mu gihe cyo gukurikizanya, mu myaka itangiro, n'ubwo ushobora gufata ibindi bimenyiste, inzira zikorerwa mu maraso cyangwa mu maso (IV cyangwa intranasal) ni zo zigaragazwa nk'inzira nziza kurushaho mu kuvura. Ketamine ikoreshwaganzwa mu kanama igaragara cyane nko gufasha mu byiciro bishize, hafi y'umwaka umwe, ubwo akazi kizamurwa ku gukwirakwizanya kw'idopamine na glutamate (kugira ngo bikire) kakozwe mu buryo buhagije. Ibi ni ibiganiro bigomba kuganirizwa n'umuganga ufite ubumenyi bwihariye. Ibyo byombi, kwifashisha ibiyogajyana n'ibindi bituma umuntu yikanga no gukoresha ketamine, bidatanga ubuhamagarano bwihariye ku rutonde rw'ubuvandimwe.

Umushingira wa kabiri — Gushyikirwa amasogomezamwo mu byubuzane n'imibonano.

- Ntabyo ngabayo y'igitanga cyemewe n'ishyirahamwe ry'ubuzima (FDA) gishobora gufasha mu kwitaba ibiyobyobye bya methamphetamine—ndetse, kuko iyi gahunda itandukanye n'izindi zirebana na benzodiazepine cyangwa SSRI, iyi ntara ireba umwanzuro no gushyigikira, aho kugira icyo gitanga.
- Ubuvuguzi bw'ubuzima mu gihe cy'inzara (crash phase) ni ngombwa igihe ukuntu umuntu yoroshye ari bwinshi, kuko hari igihe gito hagati ya 1 na 5 aho umuntu ashobora kwitera ubwoba. Ibi ntibiba kuvugwa nk'igitangaza, ahubwo ni icyifuzo cyo guhuza n'igihe cy'ibyorezo byemejwe.
- Ubwundi bushobora guhindurwa n'umuganga (kerabagenzi, bupropion ishobora gukoreshwa mu buryo butemerwe kugira ngo kurwanye ikibazo cy'amikemike), hamwe na raporo y'ubuzima bw'umuntu, hanyuma hagombayemo gutangazwa ibisobanuro bya CYP2D6/CYP2B6, igihe biba bihari, nkuko bigaragara mu Ibigize 6.

Levelo rya 2.5 - "Ubworozi bw'ibintu by'ingenzi": Gukora ibikorwa bya serivisi z’ubuvuzi, hakurikijwe inama za muganga, kugira ngo umuntu abeho neza n'imiti itangaza.

Iyi ngingo yitwaga "Uburyo bw'ubuganga bwo gufasha abantu kwisubiza mu buzima" (Medically Assisted Recovery).

Iyi ngingo igaragaza ko uburyo bw'ubuganga bwo gufasha abantu kwisubiza mu buzima ari icyiciro cy'ubuvuzi gikomeye, kandi ko ntibigomba gushingwa nk'uko umuntu yagura imiti. Iyo gahunda ituma umuntu agira amahoro no kubaho neza, kandi igihe ifatwa neza, nta bintu bibi byakwerekeza. Ariko, iby’ingenzi ni uko uburyo bw’ubuganga bwo gufasha abantu kwisubiza mu buzima ntibigomba gushingwa nk'uko umuntu yagura imiti.

⚠ IBINDIZI.

Iyi ntihindagano si icyo umuntu yakora atekereza uko ashaka. Iyoroshye daktɛri cyangwa umuganga ushoboye mu by’ubuvumbuzi bwo guhuza, ni we ugomba gukurikiriza neza, kureba niba hari ikidakoraho, kandi kuyikoresha nk'igikoresho gikorerwa iminsi mike – bidatanga amahirwe yo kuyikoresha buri kanya. Kugana umuganga ushoboye kugutanga ibimenyetso bya stimulant, cyangwa umuganga utamenya amateka yawe yose, ni ikintu kidasobanutse kandi gikomeye cyane kurusha icyo twavuze hano hejuru.

Ubusobanuro bw'ubuvuzi: Ibi gihe byitwa "Gray" na "Slow Return" mu Gahinga ca 2 bishobora gutuma umuntu agira ibibazo by'ubwa mutwe bigorana, birimo kugira ikibazo gukora neza, kwirinda, no gutangiza akazi. Ibi bibazo bishobora kuba nk'iby'abagorezi (ADHD), kandi bikaba biheruka kugaragara cyangwa se umuntu yari afite ADHD mbere yo gufata meth. Mu ma gahunda menshi ya medicine

y’ubuvumbuzi, hari aho bakoresha imiti itanga ubushobozi bwihariye (stimulant) ku buryo buhagaze kandi igihe gito, nk'Adderall XR, kugira ngo ifashe umuntu kurenga ibyo bibazo by'ubwa mutwa. Iyi miti ifasha umuntu kugira ubushobozi bwo gukora neza mu gihe ishusho y’umutungo wa dopamine (mu Gahinga ca 3) irimo guhinda. Buremeza nk'uko ushyiraho ibyozi bya buprenorphine kugira ngo ufashe umuntu ufite ikibazo cyo gukoresha imiryango y’imbuto, ahubwo kumureka gusa akageraho uko ashoboye.

Iyi ni iki.	**Ibi ntibishobora kuba:** *** Ibiranga by’umukiranabo.** *** Imirimo y’ubugeni.** *** Uburyo bwo gukura ibintu mu maraso.** *** Umuti ushobora guhinduza imikorere y'umuhuha.** *** Gusobanurwa ku buryo bw'ibindi bituma umuntu agira uburwayi.**
Umugenzuzi w’ubuzima usanzwe, ushyirwaho mu gihe gito kandi ugurishwa n'abaganga bafite ubumenyi bingana, uhereye ku byo umuntu ashoboye kugira (umushinga) kugira ngo afashe abantu bari mu byiciro 2, mu gihe cyo guhagarara no kurenga iyo gahunda.	Uruhare rw'umutuzo wo gukoresha ibintu bituma umuntu agira ubuzima bwihariye kugira ngo arengane icyorezo.
Igihe gishoborwa, kigomba gufatirwa hamwe n'akazi kagikorwa mu rwego rwa mbere no mu rwego rwa gatatu muri uyu mushinga.	Ibigakorera bifatira umwanya ku buryo butuma ibyorezo bya D2 gukora neza mu buryo buhoraho.
Ibyimenyiste by’ubumenyi bishobora kuba bidatanga ibimenyetso bingana kandi bigatangwa mu buryo butandukanye mu bijyanye n'ubuvumbuzi bw'imikundiro—umushinga w'ibimenyetso: Bifite ibisobanuro, ariko ntibiragurwe.	Uburyo bwa mbere bw'ubuvuzi bufatirwa buri wese - abaganga benshi batanga ubuvuzi ku bantu bahangayitse bakoresha ibyo byo, ariko bashobora kubikora nabi cyangwa kwirengura.

KWAGIRA UMENYESHEJWE.

Iyo umujinya no gukomera byatangiye kandi ukuntu wumva uko ugiye gusubira mu buzima bwawe bikwereka ko ushobora kuba ufite ADHD, cyangwa ko warayifite kera—icyo ni ikibazo gikwiriye koherezwa umuganga, bidatanga nk'uko byaba "ibihera ku mpunguke z'inyandiko." Ahandi, ibyo bishobora kuba impunguke z'inyandiko. Ahandi, ishobora kuba ADHD nyayo, itaratangajwe mbere, kandi yari ari kimwe mu bisubizo byatumye utanga umwanya ku mutunga, nkuko bigaragara muri Section 6, mu mibazo yo gushakisha ibimenyetso. Umuganga ushinzwe uwo mwuga ashobora kukufasha kumenya ukuri, kandi iyo ni impamvu 'ghost scaffolding' yashyizweho, kugira ngo ifungure iyo gahunda, bidatanga nk'uko yayihindura.

Levelo ya 3 — Gukemura Ibimenyinya n'Ubwiza bw'Ubwonko (Isiginale yo Guteza Imbere).

- Gukora imyitozo - ni ingenzi cyane mu byo twakoresha muri iyi porotokole yose. BDNF, iyaba umuti ushobora gukurikiza ibice by'ubwonko byangijwe (dopamine axons) kandi byavuzwa mu Icyiciro cya 2 na 3, igurishwa cyane no gukora imyitozo.
  Tangiye kera uko waba ushoboye, ndetse n'igihe gitoroshye, maze uze ku gihe cy'iminuti 30-45 y'imikundizo iteye imbere cyangwa irenga, buri munsi.
- Kurara - amasaha 7-9, gukora gahunda ituma urara no kuruka mu gihe kimwe; ubushobozi bwo kwongera BDNF n'ubwiyandikwa bw'ibitekerezo byombi bigera ku rwego runini igihe urangije kurara, ibi bisobanura ko gutinda kurangira cyangwa kutagira gahunda yo kurara bituma uburyo bwo gukora neza umwuka butakozwe neza.
- Umucyo w'umugoroba - Minuta ziren زائد ku 20 hanze, cyane cyane mu masaha abiri ya mbere nyuma yo kuvuka, kugira ngo ushyire umwanya neza kandi ufite ubuzima bushoboye.
- Ibyiciro by'ubumenyi bishobora kugera ku myaka 30+, gukorera amasaha arenga 30 buri munsi mu kintu cyo kwigira gikomeye (umwanda, ururimi, ubumenyi bukomeye) bifatanya n'ibindi by’ubumenyi bishobora kugera ku myaka 30+, gukorera amasaha arenga 30 buri munsi mu kintu cyo kwigira gikomeye (umwanda, ururimi, ubumenyi bukomeye) bigabanya imyuka y'ubwonotewe.
- Gusubiramo umugongo ku buzima bw'umunsi ku munsi no guhindura ibintu by’ahantu – gukuraho cyangwa guhindura ibintu bifatanyije n'ibice byo gukora ibiyobyobye, abantu, n'ibikoresho.

Icyiciro cya 9 - Ku bijyanye n'ubujiji.

Methamphetamine ifite icyiciro cy'umwihariko n'ibindi bitandukanye by'imimerere y'umuryango ugereranyije ibindi bintu byinshi bivumbuwe muri iyi myiyoboro — urwego rwa "tweaker", ibitekerezo ku buhungire cyangwa kwangirika, no guhakanira uko umugore n'abantu bakoresha iri rushinyuza bavugwaho mu ruhame, bitandukanye n'uko abantu bavuga ku kurya inzoga cyangwa kurenga urwego ruzwiho ku muterere. Ibi birenze kuba ibitekerezo gusa; bisobanurwa neza kuko bifite ingaruka nyakuri zigaragazwa: Abantu bagaragaza ko bakoresha methamphetamine, kandi ubushakashatsi ku byo abaganga bavuga kuri iyi ngingo, bigaragaza ko bahabwa serivisi nke, guhuza ibibazo by'umubiri bishoboka nka gahunda nke, no kwangwa. kuva ku baganga n'abatoza bafite ubumenyi mu byo kuvura abantu bahoze bakoresha ibiyobyobye, kuko aba bantu bashobora kwitabwaho cyane kurusha abandi bantu bahoze bakoresha ibindi bitandukanye.

KWAGIRA UMENYESHEJWE.

Niba wigeze ukeka ko ukeneye kwitegura mbere yo kuvuga umuganga, umuganga w’ahamagara, cyangwa abaganga bo mu rwego rushushye ibyo by'ukuri byabayeho, iyo ntibimariye. Ni icyifuzo gikomeye gishingiye ku buryo bwa nyuma. Ibi bidashobora kuvuga ko buri muganga azakubera uko, kandi bidatugaragara ko ugomba kwirinda gutangaza amakuru agufasha kugira amahoro (kuko ibice 0 na 5 bigaragaza ko guhuza ibyorezo n'ibimenyetso by'imimerere y'ubuzima, urwego rwiza rwa nyuma rukomeye mu kwita ku buzima bwawe) – ariko uburyo ufite bwo kugira ubwoba muri iyo gahunda si ukwirinda ibintu bidafite icyo.

- Niba umuganga agira ibitekerezo bitandukanye cyane nyuma yo kubwirwa ko uyifite ikibazo cyo gukoresha methamphetamine, bishoboka guhamagaza iyi mpamvu (uvuga uti: "Nshaka kugira ngo nishyireho neza ko iyi gahunda itazana impinduka mu buryo ushobora kunyitwaramo"). Cyangwa se, nibwo gutanga ibitekerezo bitandukanye, bishoboka kurenga uyu muganga ukagira undi. Ufite ububasha gukora ibyo.
- Abaganga b'ubuvuzi bw'intyambire n'ibikorwa bya kliniki bifite gahunda yo gukuraho ibice, ahanini ntibafite uwo mwari w'ukuntu ushobora kuba mu kuvurijwa kw’umugore cyangwa se mu bitaro. Ni byiza guhunga kuri bo kugira ngo ubone umufasha ku buryo buhoraho, kandi igihe bishoboka.
- Ibyo byumvikana ku busobanuro bw'igitonde cy'imiti, bidasobanuka kuri wewe gusa. Uburyo bwo gufasha umwijima wa dopamine kubaka ukongera, uvuze mu Icyiciro cya 3, ntibwishobora ibyo abantu bumva ku byo ushoboye n'ubwo ari uko bigenda.

Icyiciro cya 10 - Gushakira Ibihe By'Ubwiza, Bishyizwe Mu Majwi.

⚠ IBINDIZI.

Hamwe na ibyo, hamwe na izindi mpungabigorane, wamagara umukozi wa serivisi z'ubuzima cyangwa ushake gukora ubuvuzi bwihariye.

Wamagara findahelpline.com cyangwa 912 mu gihe ukurikira:
* Ibyo gutinya kwiyahura cyangwa gahunda y’ibyo ukorera kugira ngo wiyahure,
* Uruhumye rukomeza cyangwa uruhuhamwe rudasanzwe,
* Igituntu gikomeye gitangaza cyangwa ibimenyetso byo guhagarara (guhinduka ku ruhago, imyanya y’amaboko itagira ubushake, kuvuga nabi),
* Uburyo bwo gukanga (ibitekerezo by'uko hari abantu bakurwanya, kwishima ibintu atariho), cyangwa
* Agahinda kanini kigabanuka imikorere yawe.

Mu gihe ukurikira ibimenyetso by’umugongo gusa — guhagarara, kurarara byinshi, gufata, no kuba nta bintu ushobora gukora—ibi ni ibyo kwitega nkuko bivuzwa mu

Icyiciro cya 2, ariko kugira umuntu ushobora kukubera ingabo na, iyo bigeze ku rwego rwo guhagarara, ugomba kubona ubuvuzi cyangwa serivisi z’ubuzima.

Icyiciro cya 11 — Itabare ry'uburyo bwose bwo gukora.

Reference	Iyi gahunda igatanga ibintu byinshi.
Recovery Kernel, Igitabo cy'Ubwongereza ku Itumobwa na Stimulants, Ubuso bwa 3 (Inama yo Kwirinda).	Ntabwo hari ibitekerezo cyangwa amabwiriza yo guhererekanya.
Recovery Kernel Compendium, Ingabuko ya 16.4 (Gukongozwa Kw'amashyirahamwe - Ibyemezo)	Ibiganiro bya Volkow na abandi ndetse n'ibyabo Heinz na abandi mu bisigazwa ku rubuga rwa 3, hamwe n'ibimenyetso bifatanyije ku irembo ry'ubuzima bw'amasaha kandi no kuri cocaine.
Recovery Kernel Compendium, Protocole 01 (Ubwubiko).	Ihererezo ryo guhuza no gushyira mu mwanya ryatangwaho muri buri gahunda y’Ingingo ya 2, mu byiciro byo "crash" na "pit".
Recovery Kernel Compendium, Protocole numéro 05 (Gusubiruka binyuze mu guhindura ibikorwa).	Ibyo byakorwa mu gice cya 8, umushinga wa 3, birimo: kumenya no guhindura abantu, ahantu n'ibintu bifitanye isano n'ubuziranenge.
Recovery Kernel Compendium, Protocole #06 (Umushingiro wo Kune none).	Ibihuri byo gushyira mu rwego rwa "rutine" ni ingenzi kandi bigomba gutangirwa hagati y'ibyumweru 2-4 mu Gice cya Kabiri, nyuma yo kubona ko umwanda ukomeye urangiye.
Recovery Kernel Compendium, Protocole ya 20 (Gusubiramo Ibyumvikwa) na C-28 ('Ibihindurwa').	Kugira ngo hatangire hagati y'amezi 1 na 3 mu Icyici cya 2 — ntibyatange kera. Gushyira imbaraga ku kubaka umwiharuro kandi gushinga ibikorwa by’imimerere myiza, bifite irengero ryihariye ku muntu ufite COMT yo "Warrior", aho kugirana na gahunda y'inyama cyangwa uko itagikora.
Recovery Kernel Compendium, Ingabane ya 16 (Ibuyo by'Ubwiza bwo Gukora Ibintu Bushya mu Mihugo).	Iyo porogaramu yuzuye yo gushyira mu bikorwa mu gihe cy'amezi atanu (90), ushobora kuyikurikiza nk'uko bigiye hasi: * Imyitozo * Ibiryo * Kuruhuka * Ubwiyongera * Izuba
Iki gihanduriro gikubiyemo amabwiriza ku byo kwirinda n'ibyo ukora mu gihe wifashisha ibintu bitumvikana (chemsex) kandi uri mu rwego rwo guhinduka.	Iyo umuntu yakoreshaga ibiyobyobye bya methamphetamine mu buryo bwo gukora imibonano, igihe cyo guhuza ibyokurira ku muterere wa GHB, methamphetamine na mephedrone bigomba kuba bifatwa nk'umwiharuro mwinshi. Iyi gahunda yoroshye ifite inshuti z’ibikoresho byayo, ariko irimo gusa amakuru kuri methamphetamine gusa.

Reference	Iyi gahunda igatanga ibintu byinshi.

* **Kumenya neza ibintu:**
  * Ubunyamwuga bwa Recovery Kernel bufasha abantu kugira ubuzima bwiza no guhinduka.
  * Chemsex ni ukoresha imiti itumvikana mu buryo butunganye, kandi byahererekanyweho ingaruka mbi.
 	
* **Ubwundi:**
  * Igororamo rya Naloxone rigaragaza uko wakira umuntu ufite ikibazo cy'imiti.
  * Naloxone ni imiti ituma umuntu agumana ubuzima bwifu, ariko ntihagire ibindi bintu byaba bibi.
 	
* **Ubuvuzi:**
  * COMT na DRD2 ni zimwe mu nkingo z'imiti yifashishwa mu kuvura.
  * MTHFR ni ikimenyetso gishobora kugira ingaruka ku byo ukora.
 	
* **Uburyo bwo guhinduka:**
  * Blueprint ni gahunda itanga amasomo yo guhinduka.
  * findahelpline.com ni urubuga rwa internet ufashamo gutemberera ibindi.
 	
[Amabwiriza y'ingenzi]
* Ibi bintu ntibishoboka ko byahindurirwaho.
* Buri wese afite uburemere bw’ingeso ze, kandi buri wese ashobora guhinduka.
* Gushaka inkunga ni ikimenyetso cy'ubuzima bwiza, si icyaha.
* Ubuvuzi ntibishoboka ko byahindurirwaho.
* Iyo umuntu afite ibibazo, asabwa gushakira ubufasha.
* Ntihagire ushaka guhinduka waba agomba kubura ubuzima	

Reference	Iyi gahunda igatanga ibintu byinshi.
bwifu.	
Recovery Kernel: Ibyago by'Uburwayi Bwo Gukomera no Kwiyandura.	Iyo umuntu abona ko kuba mu mwuka wo kwitega burundu bituma akora byinshi kugira ngo abeho, ni icyiciro cy'ibintu bibimburira ukugura ibiyogosha, kandi bishobora gufata umwanzuro. Ni ngombwa gusoma iyi gahunda ndetse n'iyi andi y’imyirondoro kugira ngo ube umeze neza.

Icyiciro cya 12 - Gusoza.

UDUKIRIMENYETSO

Ishemera y'adrenalini (dopamine) ishoboye n'ibintu by'umwana, kandi itazongera gukora burundu. Ibihumbi ni ibimenyetso by'impapuro kandi by'ukuri: ubuhanga bushoborwa mu minsi ya vuba, kubaka kwihariye mu mwaka umwe kugeza ku myaka ibiri, kandi hari igihe cy'amezi atatu aho gukora imyitozo, kurara neza, no guhanagurwa n'ibintu bitoshye bigira uruhare runini mu kuzubakirana kurusha uko byagenda mu gihe kingundi. Ubuvumo bwo kwangirika ntibwari ikimenyetso cy'uko ibintu byari kugenda nebyo. Byari, kandi biracyari, umuti utanga icyizere ko gukorwa kwe kuriwe amaze gutangira.